

BBC

November 2017
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Middle East

BBQ SEASON IS HERE

*T-bone steak with lobster, sticky
Korean chicken drumsticks,
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food for sharing

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HOTEL STAYS

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Welcome to November!

Winter season has well and truly arrived – hurrah! It's a fantastic time of year in the Middle East, as we finally move back outdoors to enjoy the much-anticipated cooler weather and best of all, al fresco dining once more.

In line with this, our November issue is packed with light and refreshing dishes that are ideal for serving in the garden, cold drink in hand, with friends and family.

Host a cook-out to remember with recipes and advice from page 41 onwards (*Thrill of the grill*), that will have you mastering the craft of cooking over flames in no time. Or, keep things finger food friendly, with dishes such as sticky Korean chicken drumsticks – our cover recipe – and mince, Gorgonzola and garlic butter pizza, from page 26 (*A lovely lunch in the garden*).

This month, why not enjoy the outdoors while supporting a cause at the 'Beat Diabetes Walk on November 18 (beatdiabetes.me), in recognition of Diabetes Awareness Month. With the number of people suffering from the condition continuously increasing across the region, it's crucial that we actively make an effort to prevent such illnesses from developing. The diabetes section from page 102 onwards, offers recommendations and recipes for those living with diabetes, plus advice on prevention.

On a closing note, on behalf of the entire team, we'd like to wish all of the finalists in this year's *BBC Good Food Middle East Awards* the best of luck, and say a big thank you to all of our readers for taking the time to vote for your favourites. Winners will be revealed at a glittering ceremony on November 22 – so be sure to look out for the announcement on our website.

Enjoy al fresco dining in the sunshine this month, everyone!

Happy barbecuing,



Sophie
Editor

WHAT WE'RE LOVING!



"This creamy broccoli gnocchi is ready in just 15 mins and tastes great," says sales executive, Liz.



Sales director, Michael says: "For those who love a curry – don't miss this chicken curry that's budget-friendly and ideal for the slow cooker."



"These blackberry doughnuts make the house smell like my favourite bakery. And, they taste great too," says graphic designer, Froilan.



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In recognition of Diabetes Awareness Month, we offer advice for those living with Diabetes.

* Competitions

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER

Tried & tasted

Each month, we review five of the city's top tables.



WALSH
Tara Walsh, 34, is a freelance writer and food blogger based in Dubai.

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BBC Good Food Middle East outdid itself for the 10th anniversary issue, I must say! The magazine has always been my guide, be it with ideas for how to incorporate super foods into our meals or by enticing me with drool-worthy pictures that make me want to conjure up similar dishes for my family! We

always go by the recommendations of the magazine when dining out and have never been disappointed. The last edition was particularly useful when I was at my wit's end to come up with a memorable meal for a family celebration. The happy smiles on everyone's faces when they sat at the table...priceless! Thank you BBC Good Food ME, for the inspiration.

Anna Thomas

I think BBC Good Food Middle East is fantastic. I love that the recipes are all easy to reference and appeal to me as I want to keep the food I make for my family interesting, on a budget and real food that they want to eat. I had a tube of blueberries that needed to be used and of course found the ideal recipe on bbcgoodfoodme.com. I enjoyed going through the lists of restaurants and cafés, remembering meals I've had and dreaming of future nights out when voting for BBC Good Food ME Awards 2017. I enjoy reading about the new restaurants opening up in Dubai and note them for the next date night in the calendar. It's a real joy to sit down and read BBC Good Food Middle East. I love it!

Tara Walsh



I enjoy this gorgeous magazine the most out of all foodie magazines, being filled with beautiful photos and fascinating food tales from around the

world; it's a great magazine for people who love to cook! It's well written and has fantastic photography, this magazine is a must for any foodie.

Laura Florenta

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: www.tavolashop.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



Jamie Oliver launches on UAE TV

In his brand-new series for FOX Life, Jamie Oliver's 'Quick & Easy Food' show will be available on eLife in the UAE as of November 2, 2017.

Each episode will bring focus to a delicious dish that uses just five ingredients, focusing on ease, simplicity, and clever time-saving hacks and techniques to produce great food. Jamie will cover all the big-hitters – main courses, including veggie dishes, salads and pastas, sweet treats and everything in between.

On launching his new show, Jamie Oliver said: "I'm so excited about my brand-new series. Creating and filming Quick & Easy Food has been a revelation for me. I can't tell you how excited I am to share it with you. It's beautiful, clear, fast-paced and just full of great ideas. Sometimes the simplest things are the best – I can't believe it's taken me 20 years to work out that just focusing on five ingredients, killer combinations and technique can give you some of the most exciting cooking ever. Watch this space!"

Jamie Oliver's Quick and Easy Food series premieres on Fox Life Thursday, November 2, 2017 at 19:00 UAE time.

FOOD FEST

Galleries Lafayette Le Gourmet will be ready to serve the streets of City Walk this month in a first time ever street-food style festival. Taking place between November 2 to 4, 2017, the Le Gourmet Food Fest hopes to cement Galleries Lafayette's position as an innovator, not only by hosting the Festival in the block located in front of its recently launched space in Dubai's City Walk; but, more so by recreating a full-on festival atmosphere.

Expect a vibrant marketplace atmosphere, displaying an array of boutique vendors and food-trucks offering a host of quick bites, with live music sessions, a dedicated kids zone and kitchen demonstrations. The Food Fest will take place from 4-11pm on November 2, from 2-11pm on November 3 and from 2-8pm on November 4. See gallerieslafayettedubai.com.

THE BEST BITES

SKINTED V MINTED

Grill something

SKINTED George Foreman 4-portion Family Health Grill, Dhs100, amazon.com

A good buy for health-conscious students, this bargain grill is easy to use and maintain, thanks to its highly non-stick coating which can be wiped clean. When cooking meat, the fat and grease are collected in the removable drip tray, making it a healthier option than pan-frying.



MINTED Tefal OptiGrill+ health grill, Dhs799, souq.com

This multifunctional grill cooks everything from sandwiches to steaks, with different programmes for each. It cleverly recognises the thickness of meats such as steak, and will beep to indicate rare, medium etc, ensuring perfect results without any guesswork. The sloped grill means oil or fat drains into the drip tray resulting in healthier cooking.



TUCKERS DXB IS BACK



The region's biggest food truck movement, Truckers DXB will explore Dubai and Abu Dhabi from November 1 to December 23, serving delicious meals from around 60 food trucks, including the likes of Calle Tacos, Swag, The Shebi, Casa Latina, Kono Pizza, Wingsters, Frings and more. From November 1 – 15, find the festival at Ibn Battuta Mall at the parking lot in front of Marks & Spencer, from November 3 – December 16 the Food Truck Jam will be at Abu Dhabi Golf Club, on November 10 and December 15 find Truckers & Riders at Al Habtoor Polo Resort & Club Dubai, from November 11 to December 23 at Emirates Golf Club, on December 2 at Sky Dive Dubai, and from December 7 – 23 at Abu Dhabi Food Festival. For more information see truckers.ae.

Beat diabetes walk

Landmark Group will host the ninth edition of the Beat Diabetes Walk at the Dubai Creek Park on Friday, November 24, 2017. The walkathon is an initiative to encourage people to monitor blood glucose levels through regular screening and inspire them to eat healthy and stay active through information driven activities. Registrations for the Beat Diabetes Walk in the UAE can be completed online at beatdiabetes.me up until November 18, 2017, and cost Dhs20 per person above 14 years, Dhs10 per child between 8 – 14 years, and free for children below.



Cirque de Cuisine returns to Atlantis, The Palm

After Atlantis, The Palm launched the inaugural Cirque de Cuisine in May 2017, the dine around event is set to return with a Winter Wonderland theme for the festive season. Taking place in The Avenues at Atlantis on December 7, early bird tickets for the all you can eat and drink concept start at Dhs495 and will include four hours of festive fun including free flowing bubbles from 7pm until 11pm. The premise of Cirque de Cuisine: The Festive Edition allows diners to wander from restaurant to restaurant,



enjoying signature dishes, live cooking stations, buffets, drinks and live entertainment, all with a festive twist. The nine signature restaurants, including the likes of Nobu, Bread Street Kitchen, Ronda Locatelli and Yuan, will only open for Cirque De Cuisine ticketholders and guests will be able to roam and sit freely in any of the participating restaurants moving from one to the next at leisure. Tickets are available at platinumlist.net for Dhs535 per adult and Dhs335 for juniors aged 12 and above. Early bird tickets are priced at Dhs495 for adults and Dhs295 for juniors. Call 04-4262626.

Love lobster?



Dubai Creek Marina is set to go lobster loco this November as it hosts the eighth annual Dubai Pre-Owned Boat Show, complete with an all-new 'LobsterFest' and family-friendly activities from November 9 to 11.

The festivities kick-off at 4pm on Thursday 9 November, with the newly introduced LobsterFest – a dedicated area within the event where guests can load-up on a variety of tasty lobster dishes from Dhs45. Entertainment will commence at 6.30pm and continue into the evening.

On Friday 10 November, things get off to an early start with the ever-entertaining dragon boat races, starting at 7am. The event officially opens at 12pm when guests can again tuck into delicious lobster dishes, followed by an array of fun and exciting kids' activities including various games, balloon activities, face painting, arts and crafts workshops, soft play areas, bouncy castles and an interactive petting zoo.

The 2017 Dubai Pre-Owned Boat Show is open from 4pm to 9pm on November 9, and from 12pm to 9pm on November 10 and 11. Entry to the show is free of charge.



CARREFOUR OPENS AT YAS MALL

Carrefour hypermarket has opened doors at Yas Island, Abu Dhabi, and will be the first in Abu Dhabi to include all its bespoke food concepts including Food 2 Go, Healthy Kitchen, Chocolate Factory, Candy Store and Green Home. Offering shoppers more than 100,000 products from food to non-food as well as thousands of household goods, the new store will also include live cooking stations with ready-to-eat meals prepared by chefs on-site.

Ghaf Kitchen's NEW HOME



Ghaf Kitchen, the restaurant on wheels, has announced its new home at the Waterfront Market in Deira.

Replacing one of Dubai's most historic institutions, The Waterfront Market will be a hub for fresh food shopping in the region, and Ghaf Kitchen on-location will be

dishing up the freshest of ingredients with menus chalked onto the daily specials board. Expect menu items like the fresh catch burrito, the Ghaf burger with house-ground Aberdeen Angus beef, fresh lemonade, artisanal coffee and more. Now open at Waterfront Market, Deira from 9am to 8pm on weekdays and 8am to 8pm on weekends and all national holidays. See ghafkitchen.com.

Books for cooks



Comfort by John Whaite (Dhs100, Kyle)

Full of cosy recipes, this book by 2012 *Bake Off* winner John Whaite is perfect for when the weather turns. Clever twists on dishes elevate

them to dinner-party worthy standard, from Indian shepherd's pie with a sag aloo top to tartiflette pizza (hello double carbs).

Our must-try recipe Pecan, cranberry & dark chocolate pie



River Cafe 30 by Ruth Rogers, Sian Wyn Owen & Joseph Trivelli (Dhs140, Ebury Press)

London's iconic River Cafe restaurant turned 30 this year, and to

celebrate, they've updated 90 recipes from the best-selling 1994 *River Café Cookbook* and written 30 new ones, making this a bible for fans of modern Italian food.

Our must-try recipe Spaghetti al limone



Feasts by Sabrina Ghayour (Dhs105, Mitchell Beazley)

This new collection from the queen of Persian cookery makes entertaining a doddle.

There are menu ideas for all occasions built around her flavour-packed Middle Eastern sharing food, whether it's piles of colourful vegetables, spiced pies or marinated meat.

Our must-try recipe Pork & fennel baklava



Apple-Peach-Cherry

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INGREDIENT OF THE MONTH

WATERMELON



Strawberries, step out of the limelight, there's a new star fruit in the bowl. We're seeing it everywhere from desserts to dresses, candles to cocktails, socks to

sandwiches – we've gone watermelon wild! It's no wonder, as well as it being striking to look at, the refreshing, delicate sweetness lends itself well to both sweet and savoury dishes.



we ♥ watermelon

Watermelon lollies

MAKES 6-8 PREP 15 mins p-us at least 4 hrs freezing NO COOK ✱

Halve **1 small watermelon** and scoop the flesh out of one half into a bowl (you need about 375-400g). Pick out any black seeds. Purée the flesh using a hand blender or in a liquidiser. Fill ice lolly moulds three-quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hrs, or overnight. Tip any remaining purée into an ice cube tray and freeze it. Peel **3 kiwis** and cut the green flesh away from the white core, discarding the core. Purée the flesh. Add a layer of about 4-5mm to the top of each lolly and refreeze for 1 hr. Add some green food colouring to the rest of the purée to darken it to the same colour as the watermelon rind. Pour a very thin layer onto the top of each lolly and freeze until you want to eat them.

GOOD TO KNOW vegan • low fat • low cal • vit c • 1 of 5-a-day • gluten free
PER SERVING (6) 38 kcals • fat none • saturates none • carbs 8g • sugars 8g • fibre 1g • protein 1g • salt none

Watermelon salsa

SERVES 4-6 PREP 10 mins
NO COOK V

Finely chop **200g watermelon**, **2 small shallots** and a **small bunch coriander**. Mix together with **juice ½ lime** and **2 tbsp olive oil**. Season and serve as a dip or pile on top of cheesy nachos.

GOOD TO KNOW vegan • healthy • gluten free
PER SERVING (6) 46 kcals • fat 4g • saturates 1g • carbs 3g • sugars 3g • fibre none • protein none • salt none



Watermelon & feta salad

SERVES 2 PREP 5 mins NO COOK V

Chop **180g watermelon** and **½ cucumber** into chunks and tip into a bowl with the leaves from **½ bunch mint** and drizzle with **1 tbsp olive oil**. Season and pile on to a serving plate. Crumble over **100g feta**, **extra mint leaves**, then drizzle with **1 tbsp balsamic glaze** just before serving.

GOOD TO KNOW 2 of 5-a-day • gluten free
PER SERVING 236 kcals • fat 16g • saturates 8g • carbs 12g • sugars 12g • fibre 1g • protein 9g • salt 1.2g



Watermelon pizza

SERVES 1-2 PREP 10 mins NO COOK V

Take **1 slice watermelon** and cut into wedges, as you would a pizza, and lay them on a board. Scatter over **120g pineapple pieces**, a few **coriander or Thai basil leaves** and **1-2 tsp toasted coconut flakes**. Mix the **juice ½ lime** with **1 tbsp honey** and drizzle over the top. Sprinkle with freshly cracked black pepper and **zest ½ lime**.

GOOD TO KNOW low fat • low cal • 1 of 5-a-day • gluten free
PER SERVING (2) 112 kcals • fat 2g • saturates 1g • carbs 22g • sugars 21g • fibre 2g • protein 1g • salt none



Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

👉 Little Miss India, Fairmont The Palm

Last month, Fairmont The Palm opened its doors to welcome Little Miss India – a character led, gastronomic destination. Central to the story is the eclectic and extravagant 'Mistress' of the mansion Little Miss India herself, otherwise known as the fictional character Mohini Singh, who takes diners on a unique journey through her worldly travels, achievements and an eccentric menu in her very own home. Focusing on regional Indian flavours, the restaurant and bar menu includes a selection of sharing style dishes. Signature dishes include the 'Tandoori Ran' and 'Dum Biryani'. Indian classics are also featured, such as lamb Rogan Josh and butter chicken, plus more. *Call 04-4573457.*

👉 Jones the Grocer, Emirates Golf Club

This month a new and fully-licensed branch of the popular Australian dining and food retailer is opening within the surroundings of Emirates Golf Club. With indoor and outdoor dining options and a capacity for 250 seated diners, the outlet has a children's play area and lounge area. Open for breakfast through to dinner, Jones the Grocer offers breakfast options like poached eggs and asparagus on sourdough and homemade buttermilk pancakes, plus a range of classic cheese and charcuterie boards, plus sandwiches and soups for lunches and light bites. Or for dinner, options like the Jones wagyu burger, mac and four cheeses with lobster tail, and grass-fed ribeye steak with thick cut chips. *Call 04-4179999.*

👉 Masti – Cocktails and Cuisine, La Mer

From the team behind Bombay Bungalow and Ibn Albahr, comes Masti – Cocktails and Cuisine, due to open in early December at the newly opened La Mer development. Masti which translates to 'fun and mischief' will infuse modern with traditional, colour with flavour, creating an expression of 'New India'. The beachfront terrace and lounge will be open from day to night offering an idyllic dining location, while the upstairs bar offers Arabian Gulf views and lounge seating. See mastidubai.com

Little Miss India, Fairmont The Palm

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

📍 Caravan and the Lawns, The Ritz-Carlton Dubai

London Social is Dubai's newest brunch at The Ritz-Carlton, Dubai, celebrating the diverse gastronomic excellence of England's capital city, London. Every Friday, journey through London's major tube stations to indulge in the culinary delicacies that represent each area of the city. From the spices of Banglatown, Brixton, and Little Beirut, to the vibrant stalls of Chinatown, Little Italy, and Borough Market. A tour of London would not be complete without favourite pub classics and puddings from 'Pudding Land', not forgetting Mr. Whippy ice cream and classic pick and mix. In line with London's wide international influence, expect traditional roasts along with Italian, Caribbean, Arabic, Indian, Japanese and Chinese, spread across 12 live cooking stations. The new London Social brunch will take place every Friday from 1 – 4pm and is priced at Dhs590 with bubbles, Dhs495 with house beverages, Dhs395 with soft drinks, and Dhs150 for children. *Call 04-3186150 or email dine.dubai@ritzcarlton.com.*



📍 Palermo, Dubai Polo & Equestrian Club

Enjoy the cooler weather at Palermo's Polo Brunch every Friday. Think green fields, fresh air, delicious food and all the thrills of the sport of kings. Relax on the Palermo Terrace and indulge in wide range of international cuisines, plus a selection of over 30 different international cheeses while the children enjoy an array of engaging activities such as pony rides. Taking place from 12.30pm – 3.30pm every Friday, brunch is priced at Dhs275 with soft beverages, Dhs375 with house beverages and Dhs110 per child between the ages of 6 – 12 years. *Call 04-8883444.*

📍 Level 2, Amwaj Rotana



Amwaj Rotana has launched a larger and revamped version of its popular Friday brunch out on the hotel's al fresco terrace. Wander around a large buffet spread featuring over 100 dishes and numerous live stations showcasing cuisine from all four of the hotel's restaurants including Rosso the Italian outlet and popular American-Japanese restaurant, Benihana. The brunch has welcomed new concepts including a food truck serving favourites from JB's Gastropub such as taco flights, gastro sliders, and XL chili cheese dogs. Brunch takes place every Friday from 12.30 – 4.30pm and is priced at Dhs245 with soft drinks, dhs375 with house beverages and Dhs690 with bubbles. *Call 04-4282000.*

📍 Saponi di Bice, City Walk Dubai

An Italian seafood festival will be held at Saponi di Bice this month, offering a myriad of activities, such as kids' corner and pizza making atelier, showcasing locally harvested seafood, accompanied by fresh ingredients imported from Italy. Known for its homemade Italian foods and child-friendly environment, chef Giuseppe Palumbo will introduce new seafood dishes including the likes of insalata di mare (calamari, octopus, shrimp and steamed vegetable salad), grilled octopus with pesto and coriander sauce, trofie a salmone (fresh salmon pasta with white cream, topped with Parmesan cheese), mixed seafood cataplana, and more. Dishes start at Dhs59. *Call 04-3442550.*



📍 Cabana, Address Dubai Mall

Let the vibrant flavours of Brazil take over your evening in the chill-chic settings of Cabana, every Thursday from 7 – 11pm at the all-inclusive Churrasco Night. Experience succulent Churrasco grills and a variety of other Brazilian delicacies, while enjoying iconic views of Burj Khalifa and an eclectic mix of Brazilian music and a spectacular samba dance performance. The ambience is perfect to unwind and enjoy the outdoors now that the cooler weather has arrived. Priced at Dhs295 with soft beverages of Dhs385 with house beverages. *Call 04-4388888 or email dine@emaar.com.*



👉 **Noire, Fairmont Dubai**

If you're on the lookout for a dining experience offering something different, Noire is the place. Put your trust in night vision equipped waiters, who will lead you and your party to a pitch-black room for a meal that'll truly test your taste buds, as you can't see a thing. The guessing game begins when a dish sits in front of you. Firstly, you have to locate it, successfully scoop food onto your fork and then it's over to your taste buds to guess each ingredient on the plate. Once you've polished all three courses off, you're led back into the reception area where you can see the dishes you've eaten throughout. You also have the opportunity to put on a pair of night vision goggles too! Priced at Dhs325 for three-courses with grape pairing. Call 04-3118316 or e-mail dbi.fbconciierge@fairmont.com.

👉 **Seasonal Tastes, The Westin Dubai Al Habtoor City**



As of November 10, 2017, Seasonal Tastes will be relaunching its City Brunch with a major focus on interactive food stations, and a new kids' zone. The City Brunch prides itself on the fact that their chefs juggle more than just food. Chef turned resident DJ Jerin spins old school tunes whilst making classic breakfast dishes; Chinese Chef Miami works his magic wokking fresh noodles and steaming dim sum whilst preparing Peking Duck; Chef Wu shows how he rolls making

sushi from a huge swordfish; Chef Samiran works the art of chaat in the Indian section. Chef Wael offers surf 'n turf from the Arabic BBQ and Head Chef Avinash will teach your kids how to cook and come to the table with his hero brunch dishes for you to try. City Brunch runs every Friday from 1pm to 4.30pm with prices starting from Dhs249 per person including soft drinks, Dhs350 with house beverages and Dhs495 with premium beverages. Children below 5 years dine for free and 6-12 years dine at half price. Call 04-4355577.

👉 **Mazina, Address Dubai Marina**

Treat yourself and your family to a Thanksgiving dinner feast at Mazina. Indulge in an international buffet with an extensive traditional selection including a sumptuous turkey and special delights on November 23 at 7pm to 11pm. Priced at Dhs175 per person. Call 04-8883444.

Thanksgiving is on November 23

👉 **Galleries Lafayette, Le Gourmet**

If you're looking to celebrate Thanksgiving at home, without the hassle of cooking, for Dhs750, you can enjoy an American feast that serves 8 - 10 guests from Galleries Lafayette - with free delivery in Dubai. Thanksgiving orders will start from November 15 - 25. Galleries require 24 hours' notice for an order of the Roast Turkey, which comes served with cranberry sauce, turkey gravy, maple glazed heirloom carrots, roasted brussel sprouts with beef bacon and almonds, apricot and chestnut stuffing, mash and roast potatoes. For dessert, choose between a classic baked pumpkin pie or a salted caramel and pecan nut tart. That's not all; if a special Thanksgiving gathering is being planned at home, Galleries Lafayette's events team will happily plan and manage the occasion; from creative table decorations to menu planning. Call 050-6549388.



👉 **J&G Steakhouse, The St. Regis Dubai**

Embark on a culinary journey at The St. Regis Dubai's signature restaurant, J&G Steakhouse. For the special occasion of Thanksgiving, enjoy a themed menu with highlights including smoked pumpkin soup, slow-cooked turkey, served with all the trimmings and an indulgent pecan pie, topped with popcorn ice cream. Priced at Dhs320 for a 4-course set menu and house beverages from 6.30pm to 12am. See stregisdubai.com.





ST REGIS
SAADIYAT ISLAND • ABU DHABI

Asian Fusion Brunch

Sontaya, meaning sunset in Thai is set amongst a series of floating pavilions that look out to the unforgettable views of the Saadiyat beach.

Experience a burst of traditional flavors, aromas and ancient dishes from South East Asia at Sontaya's Asian Fusion Brunch featuring succulent homemade duck spring rolls, prawn and chicken dumpling, salad and pan-seared Dory fish. Don't forget to make the most of the stir-fries, rice and fragrant Thai curries.

Every Saturday, from 12:30 PM – 4:00 PM

Brunch Packages

AED 230 per person inclusive of soft drinks

AED 330 per person inclusive of house beverages
and pool & beach pass (as per availability)

Advance booking is required

Price is subject to 10% Service Charge, 6% Tourism Fee & 4% Municipality Fee.



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or please visit sontayaabudhabi.com

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👉 Six new restaurants at La Mer, Dubai

At the newly opened La Mer beachfront development, Restaurant Secrets Inc. is set to launch six new restaurants by the end of the year. The new concepts include the second branch of Roti Rollers, an East meets West Indian street food brand that opened its first location at Dar Wasl this summer, plus The Duchess, Backyard, Maison de Juliette, Levee and O'Doner.

Roti Rollers offers a healthier take on Indian fare with less oil, healthier ingredients and a DIY perspective. While The Duchess, the 'darling brand' with monochrome interiors and provocative splashes of brass and turquoise, offers indulgent, homemade cakes, along with an all-day menu of salads, sandwiches, pastas, and fresh meals.

Backyard is where families and friends will come together to dine on Josper-grilled BBQ meats in a setting termed 'bare-foot luxury'. Maison de Juliette's game changer is cuisine du soleil – sun-drenched foods – fresh and passionately made with a romantic Provençal touch. O'Doner offers authentic street food from the five corners of Turkey. Levee is waterfront dining at its best in a social lounge atmosphere with an expansive outdoor al fresco space. For more information see restaurantsecretsinc.com.

👉 Soul Restaurant, Mövenpick Hotel Jumeirah Beach

Up until November 20 this month, delight in Soul's latest promotion, 'Bistronomie', which is set to add a creative twist to the French bistro experience. Inspired by young chefs in the 1990s, who started looking for a way to transform French haute cuisine into a more convivial kind of indulgence. Without compromising on quality, classical dishes were reinterpreted in an unpretentious way and served in a bistro-style atmosphere. In the early days, the movement was looked down upon by old-school chefs, but today's bistronomy stands for premium French cuisine at unbeatable prices. Expect to find dishes including the likes of 'Plateau de Fruits de Mer' and 'Cordon-Bleu au Comté'. Call 04-4498888.



👉 Renaissance Downtown Hotel

Boston-born David Myers has made his Dubai debut at the Renaissance Downtown Hotel, where he'll be the brains behind two of the hotel's outlets. Fusing the food and feel of a Roman trattoria, Florentine steakhouse and Neapolitan pizzeria into one buzzing venue, 'BASTA! By David Myers' serves up full-flavoured Italian cuisine in a seriously stylish space in front of the Dubai Water Canal. While, 'Bleu Blanc By David Myers' offers refined southern French farmhouse flair. A wood-fired grill takes centre stage while the bar is a meeting point to socialise and enjoy an aperitif, accompanied by eclectic beats. Call 04-5125555.

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Savor succulent meats, aged in our signature smokehouse and cooked to tender perfection on the Jospier grill. Enjoy flavorful seasonal vegetables, farm grown and lovingly prepared. Sample signature cocktails in the relaxed surroundings of our intimate terrace. And feast your eyes on panoramic views of the breathtaking Al Wadi Desert Nature Reserve. Fresh produce. Creative cuisine. A memorable setting. Welcome to Farmhouse. For reservations, please call +971 7 206 7777 or email rc.rktrw.restaurant.reservation@ritzcarlton.com



THE RITZ-CARLTON

RAS AL KHAIMAH, AL WADI DESERT

Tried & tasted

Each month, we review three of the city's top tables.



Benihana, Amwaj Rotana



Reviewed by **Sophie McCarrick**
Editor of *BBC Good Food Middle East*,
lover of all things food and a keen
seeker of new dining experiences.

Where?

AT.MOSPHERE, BURJ KHALIFA

Dining experience: The new five-course Market Menu

What's it like? Located on the 122nd floor of the world's tallest building, At.mosphere offers incomparable, breathtaking views through floor-to-ceiling windows. You can get dressed up to come here and not feel out of place in dazzling surroundings – it's definitely a spot to celebrate, treat your loved one, or impress guests. Expect pristine white table cloths and elegant, chic décor. The dimly lit restaurant makes for an intimate, romantic experience – and allows the city's lights below to sparkle and shine gorgeously.

What are the food highlights?

Led by executive chef Christopher Graham, the kitchen here ensures that well-thought out food takes center stage. Although there are various tasting menus available, ranging from eight-course to three-course, with and without pairing, we are here to try the newly launched Harvest Menu, which showcases beautiful seasonal produce from around the world. Zesty aromas kick-start the experience from a dish of home-smoked mackerel with green apple, radish and horseradish. An aromatic risotto with tomato jelly and pu'er tea follows, which is light and satisfying. Two main courses come next, with pan seared bream served



first, topped with fennel and a side of spiced aubergine. The slow cooked duck breast pairs beautifully with poached pear, foie gras, cherry and vanilla – an incredibly moorish and wholesome dish. Lastly, a dessert of apple tart fine perfectly concludes the excellent dining experience, accompanied by velvety crème brûlée ice cream.

How was the service? Extremely professional and welcoming, ensuring a



refined and enjoyable experience is had by all.

The bottom line: This is a place to go when you're looking for an experience to remember. At.mosphere provides an infallible dining experience in the sky to share with those closest to you.

Want to go? The Market Menu is priced at Dhs495 per person for five courses, without beverages. Call 04-8883828 or e-mail atmosphere@atmosphereburjkhalifa.com.



Where?
BENIHANA,
AMWAJ ROTANA

Dining experience: New dinner menu

What's it like? For a dining experience without fuss and frills, Benihana is a go to spot for me. Why? Because it's consistently good, offers value for money, a fun and relaxing atmosphere and casual, familiarity. Choose from indoor seating in the restaurant or around one of three teppanyaki tables, or alternatively enjoy the lovely winter weather from the restaurant's idyllic terrace that overlooks the Arabian sea and is lit by candles and fairy lights at night, creating a rather romantic atmosphere.



What are the food highlights?

Seated and ready to explore the new menu, we're advised that each meal should begin with a 'zanmai' – a selection of hot and cold starters. So, we opted for a portion of steamed duck gyoza with soya and spring onion, which were generously stuffed and tasted wonderful, and for cold, we had the beef tataki with spicy garlic dressing. Next, we indulged with a signature sushi and sashimi platter, filled with a selection of fresh salmon and Hamachi sashimi, plus varied sushi options including our favourite of the night, the crispy prawn tempura roll. On chef's recommendation, for mains we shared the wok fried crispy chili beef striploin, and from the grill, the seabass glazed with ginger ponzu – which was expertly cooked and simply delicious. For those with a sweet tooth, menu options range from warm chocolate fondant and citrus rice

pudding, to Hokkaido pannacotta and the famed Japanese ice cream, mochi.

How was the service? The team at Benihana are incredibly friendly and welcoming. Right from arrival, they make you feel at home and ensure you're looked after at all times.

The bottom line: A place to visit for great food in a relaxed and casual atmosphere with family or friends. If you're thinking of stopping by any time soon, don't miss the newly introduced 'Rush Hour' special daily from 5pm to 7pm featuring sharing plates of sushi, sashimi, tempura and other nibbles for Dhs25 and beverages from Dhs20.

Want to go? Priced at around Dhs250 per person for three-courses, without beverages. Call 04-4282000.



Where?
COCO ON 8,
MEDIA ONE HOTEL

Dining experience: Poolside lunch

What's it like? Coco on 8 is a new launch at Media One Hotel, offering a cool and laid-back atmosphere in chic, Miami-inspired surroundings. Occupying the space that was once Dek on 8, the venue has undergone a trendy makeover, and is now open for guests from lunch through to the evening, when the party gets going. The spacious pool and bar area is an ideal spot to chill during the day next to the pool, while enjoying a bite to eat and refreshing cocktails, or straight from the office for post-work drinks and an early dinner. As the evening goes on, the atmosphere comes alive with DJs that get the party started.

What are the food highlights? The menu here is perfectly designed to keep

things light and practical for sharing around the pool. From crudos and sushi, to wraps, salads, flatbreads and small plates, plus those to share – not forgetting dessert – there's something for everyone. Expect dishes like tuna poke with avocado, California maki rolls, a dozen freshly shucked oysters, and succulent mini skewers of beef, chicken and halloumi to share. For something a little heartier, the Coco club wrap with chicken, cheese and eggs is satisfying and scrumptious. If you fancy something sweet to conclude, chocolate dipped strawberries or salted caramel and milk chocolate rice rolls are sure to take your fancy.

How was the service? 'The staff at Coco are fun, energetic and helpful.

The bottom line: An ideal place to visit for a relaxing day by the pool with light bites, and your girlfriends – or alternatively, turn it into a night out and head for sundowners and enjoy the evening ahead.

Want to go? If visiting Coco on 8 during the day, it's Dhs75 for a day pass, which fully redeemable on F&B. Don't miss Happy Hour daily from 5pm – 8pm, with drinks and small plates from Dhs30. Call 04-4271000.





COOKING *for kids*

Annabel Karmel is one of the UK's most successful cookbook authors for children and families – with her first release selling more than four million copies. Talking everything from baby-led weaning vs. puree food, to encouraging fussy eaters and getting children involved in the kitchen, Annabel shares advice for cooking with kids.

By Sophie McCarrick

Annabel Karmel

With a career spanning 25 years, London-born mother of three, Annabel Karmel, has pioneered the way families all over the world feed their babies and children.

Credited with starting a food revolution with her trusty recipes and methods, she has become one of Britain's top cookery authors for children, a best-selling international author, and the mother of all feeding experts with 41 cookbooks...and counting.

With the sole mission of raising the standards of children's diets, Annabel is a regular media commentator on food related issues, and she regularly undertakes consultancy work for major nursery chains, leisure resorts, restaurants and hotels worldwide.

In 2006, Annabel received an MBE in the Queen's Birthday Honours for her outstanding work in the field of child nutrition, and she has since become recognised as one of the UK's leading female entrepreneurs.

When Annabel tragically lost her first child, Natasha, to a viral infection when she was just three months old, she found herself feeling vulnerable. Some time later, after giving birth to her son, Nicholas, Annabel wanted to give him the very best food - Nicholas however, had other plans.

As a fussy eater, Annabel realised she'd have to pull her sleeves up in the kitchen to create flavour combinations and meals that Nicholas would enjoy – which is when she unintentionally discovered her passion and talent for children's nutrition. Never in a million years did she think that her personal mission to find foods that Nicholas would like, would lead her to a successful career as an author, which spanned from strength to strength following the publishing of her first cookbook that sold over four million copies worldwide. She has since written 41 cookbooks for children, with another soon to come!

During a recent trip to Dubai, here's what Annabel – the food guru for kids – shared with us...

Where did your drive and focus for children's nutrition begin – did you always want to become an author?

My niche was, and still is, making tasty recipes for babies and children because I love to cook. It's from building credibility in this area that I was able to expand into writing.

I lost my daughter Natasha to a viral infection when she was just 13 weeks old. It was this tragedy that led me into the field of child nutrition and it was then that I wrote my first book – The Complete Baby & Toddler Meal Planner. Prior to this, I was a talented harpist!

What are the biggest misconceptions parents have about feeding their babies and toddlers?

When I was writing my first book, I was told that babies and toddlers only liked bland food but it's not true and that's what I set out to disprove with my recipes. It's more about giving parents the confidence to cook homemade meals for their baby and child including recipes that are packed full of flavour.



“I lost my daughter Natasha to a viral infection when she was just 13 weeks old. It was this tragedy that led me into the field of child nutrition.”

There has been a lot of debate surrounding the ‘baby led weaning vs. puree food’ approaches. In your experience, what path should new parents be taking?

Baby-led weaning is certainly having its moment and is the hot new weaning trend to try. I understand that for many, skipping the puree step altogether can be a scary thing but the view is that it gives babies the opportunity to discover lots of different tastes and textures from the

very beginning of their weaning journey; encouraging them to eat a variety of foods and eliminating fussiness later on in life.

That being said, there is no reason why you can't mash or puree certain family meals if they're not quite ready for baby-led weaning. The good news is, it's completely up to you and what you feel comfortable with.

I believe that adopting a flexible approach is a great way to get started and is often the most realistic for lots

“If a child simply refuses to eat their veggies, try out some recipes which blend in veg such as a tomato and vegetable-based sauce for pasta, or mashed potato combined with grated carrot. It may sound simple but what children can’t see, they can’t pick out!”

of families. Giving purees when your baby is ready for first foods (particularly if slightly earlier than 6 months), with the introduction of finger foods and family meals from around six months is a fantastic flexible option. There is no right or wrong to weaning – all babies are different and it’s about what works for you and your family.

How do you get children to eat the foods that they ‘hate’?

A blender might just become your new best friend! Vegetables can often be a bit of a barrier for many parents come mealtimes. Whilst it’s important to show children where they come from and help them understand why they are so important, if a child simply refuses to eat their veggies, try out some recipes which blend in veg such as a tomato and vegetable-based sauce for pasta, or mashed potato combined with grated carrot. It may sound simple but what children can’t see, they can’t pick out! I like making a Bolognese sauce packed with onions, leeks, celery, tomatoes,



pepper, carrots and my secret ingredient, apple. It’s delicious.

Preparing foods in different ways can also make a huge difference – for example, most kids I know wouldn’t eat boiled cauliflower, but roasting is a whole different ball game. Children also often like to eat with their fingers so serve vegetables like whole corn on the cob with a little melted butter or baked sweet potato wedges with a sprinkling of Parmesan.

As a mum yourself, which recipes are your go-to at home?

If I’m cooking for a crowd there is nothing better (or more satisfying) than a one-pot recipe – just chuck all the ingredients in and leave it to do its thing while you get on with other jobs. My One-Pot Roast Chicken is a delicious, easy, all-in-one meal that feeds the whole family.

I also love Japanese food so anything with miso, mirin or rice wine vinegar – it gives a lovely sweetness to sauces and dishes. The Roasted Cauliflower from my Busy Mum’s Cookbook is so simple yet utterly delicious. The edges of the cauliflower caramelize when roasted and when you drizzle over my honey and rice wine vinegar dressing it elevates it way beyond a side dish.

What are the biggest trends you’re seeing coming through in the nutrition industry for children at the moment?

Vegan is definitely the buzz word of the moment and there is also a real focus on healthy eating in general.

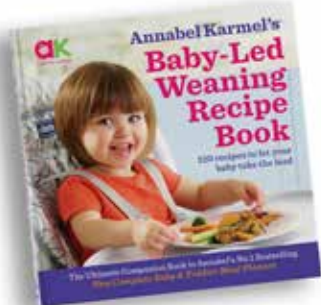
There are lots of health benefits

associated with veganism, however, parents do have to be extra careful to ensure their child is getting key nutrients mainly in the form of protein, calcium, Iron, Vitamin D, Vitamin B12 and fibre for their development and long-term health.

I think it's great to include a number of different foods from an early age and I personally like the age-old saying of 'everything in moderation'. Coming up with fun and healthy ways you can prepare food together is a real winner rather than focusing on so-called 'bad' foods and denying these. 'Treats' are treats and should be seen as such. This way, your child will develop and grow up with a healthy relationship to food.

Of all your books, which has been your favourite to date and why?

That's a really tough one as they all mean something to me in their own way. However, I will have to say the first book I wrote, the New Complete Baby & Toddler Meal Planner as it's where it all started for me. Never in my wildest dreams did I foresee that this cookbook would go on to sell more than 4 million copies, or that it would become the 2nd best-selling non-fiction hardback of all time!



Whether you're about to wean and thinking of exploring the baby-led weaning approach, or simply looking for new baby-friendly finger foods and family meals to liven up your mealtimes, Annabel Karmel's new Baby-Led Weaning Recipe Book is out now and filled with 120 quick, easy and nutritious recipes, essential advice and tips to let your baby take the lead. Visit annabelkarmel.com for more information.

Is your child a picky eater?

Annabel shares her top tips for helping children that are picky eaters to become more open to trying new foods.

- **Reward good eating** – make a game out of trying new foods with reward charts for every new flavour or food tried and try to resist reacting or giving attention for not eating.
- **Turn proven favourites into other meals too.** Any time you have success with one ingredient, replicate it somewhere else. My son Nicholas loved apple muffins, so I applied this sweetness to chicken to make chicken and apple balls. It was this recipe that encouraged him to eat chicken for the first time.
- **It's all in the presentation** – mini portions of food, cut up fruit and veggies served on skewers or straws are the key to getting little ones to try new foods.
- **Get them busy in the kitchen.** A good trick I found is to prepare my children's dinner with them. Lay out ingredient bowls (with added new foods) and let your child fill and fold their own wraps or get creative using veggies to create faces on their homemade pizzas – it's a proven tactic to get them to try new foods that they would usually shun.

Particularly for the busy parents out there, what store cupboard and freezer essentials would you recommend always having at home?

Family cooking shouldn't mean spending hours in the kitchen cooking food. It's about finding solutions that work for your family, and often that means quick and balanced meals which are super-simple to prepare and taste delicious.

My advice would be to have a well-stocked store cupboard so even if you haven't had time to go to the shops you can still cook-up a healthy nutritious dinner for the whole family. After all, it takes no time at all to create a quick tinned tomato based pasta dish such as my Penne all'Arrabbiata or use a tin of chickpeas to make mini falafels or a quick hummus. If in doubt, eggs are my staple ingredient as you can always whip up a quick frittata in minutes!

Batch-cooking has always been my saviour. If I'm making a Bolognese for example, I'll make a big batch and then freeze individual portions or make mini cottage pies in individual ramekins so I can quickly grab these out of the freezer for an instant hassle-free meal.

What kitchen tools do you find come in most handy for assisting parents when making meals for children?

A food processor is an essential – it makes life a lot easier; great for blending a vegetable based tomato sauce (for those hidden veggie detectives out there!), soups or some quick mini energy balls. I also love using a spiralizer – simply baking

sweet potato curls in the oven with a little salt and pepper turns them into the most delectable dish. Kids will also love to get involved in magically transforming veggies into spaghetti.

What ways can parents help their children to learn how to cook?

Children can actually help out earlier in the kitchen than you might think. A young child is capable of rolling out dough, cracking eggs, whisking mixture etc. It's also a good way of helping them learn where food comes from and instilling a love of good homemade food.

When my children were 4, 6 and 7, I encouraged them to cook supper for the family every Friday. I would help them with things like chopping up vegetables but soon they learned how to handle kitchen utensils carefully and that you need oven gloves to put food in the oven. You need to teach children these things otherwise they will experiment without guidance and that's much more dangerous.

Most children take great pride in cooking and being part of the adult world. The only downside is the mess!

Do you have any exciting, new cookbooks in the pipeline?

I do. I have a new book launching next year which will focus on real food toddlers and kids will love. I want to focus on all the things mums really want such as 15 minute meals, healthy versions of fast food favourites and one-pot saviours. There will also be dairy free and egg free recipes (the two most common allergies in children), vegetarian ideas and lots more.

dinner dash

BUTTERNUT SQUASH

Easy meal ideas with ready-prepared squash

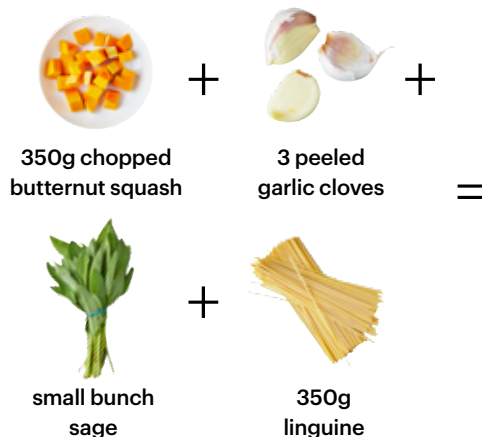
recipes MIRIAM NICE photographs TOM REGISTER

Creamy squash linguine

SERVES 4 V

Heat oven to 200C/180C fan/gas 6. Put the squash and garlic on a baking tray and drizzle with 3 tbsp olive oil. Roast for 35-40 mins until soft. Season. Cook the pasta according to pack instructions. Drain, reserving the water. Use a stick blender to whizz the squash with 400ml cooking water. Heat some oil in a frying pan, fry the sage until crisp, then drain on kitchen paper. Tip the pasta and sauce into the pan and warm through. Scatter with sage.

GOOD TO KNOW vegan • healthy • low cal • fibre • 1 of 5-a-day
PER SERVING 441 kcals • fat 11g • saturates 2g • carbs 71g
• sugars 5g • fibre 6g • protein 12g • salt none



Squash quesadillas

SERVES 4 V

Heat oven to 200C/180C fan/gas 6. Boil the squash for 10 mins or until tender, drain and cool. Divide the squash, feta and half the salad leaves over the tortillas and season well. Fold each tortilla into quarters, place on a baking tray and drizzle with a little olive oil. Put another baking tray on top and push down. Bake with the tray on top for 5 mins, take the tray off and bake for a further 5 mins until golden. Serve with remaining salad leaves.

GOOD TO KNOW low cal • calcium • 2 of 5-a-day
PER SERVING 362 kcals • fat 12g • saturates 6g • carbs 48g
• sugars 5g • fibre 5g • protein 13g • salt 1.9g

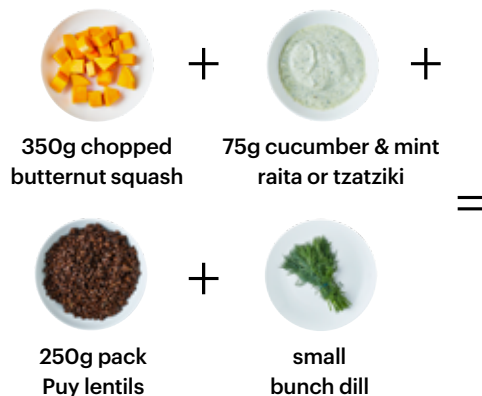


Squash & lentil salad

SERVES 2 V

Heat oven to 220C/200C/gas 7. Toss the squash in 2 tbsp olive oil, season and roast for 30-35 mins or until golden. Add 2-3 tsp water to the raita, stir until smooth and set aside. Toss the lentils with half the raita, squash and dill. Tip the lentils onto a plate, top with remaining squash, drizzle over 2 tsp olive oil and the rest of the raita. Garnish with the remaining dill.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 409 kcals • fat 19g • saturates 4g • carbs 39g
• sugars 9g • fibre 11g • protein 16g • salt 1.6g



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TOM KERRIDGE'S

A lovely lunch in the garden

Tom Kerridge goes al fresco with fresh food platters to share with friends *photographs* PETER CASSIDY

Weekend cooking for friends should be about two things: fun and flavour. I've always thought that the open air makes food taste better, and a meal in the garden often takes away the formality. Here, I've cranked up the flavour on four of my favourite dishes for this time of year, for you and your mates to enjoy in the sunshine. They're all lovely for lunch, and all the better if it rolls on into supper while you sit around in your flip-flops, watching the sun go down, cold drink in hand.



Good Food contributing editor Tom Kerridge is a regular BBC presenter and chef-owner of The Hand & Flowers and The Coach – both in Marlow, Buckinghamshire. His latest book, *Tom Kerridge's Dopamine Diet* (Dhs100, Absolute Press), is out now.

[Twitter](#) [Instagram](#) @ChefTomKerridge

**Salmon, samphire & charred
cucumber salad, p28**



Sticky Korean chicken
drumsticks, p28

Salmon, samphire & charred cucumber salad

The taste of seaweed in the crust and the samphire in this dish evokes memories of being by the seaside, with the smell of salt and the sound of seagulls in the air. Samphire is available from some supermarkets and fishmongers.

SERVES 6 **PREP** 30 mins plus
1 hr chilling **COOK** 30 mins
MORE EFFORT

1 tbsp seaweed flakes or nori sushi sheets, crushed
2 tsp chilli flakes
1 tbsp demerara sugar
finely grated zest 2 limes
750g boneless side of salmon
1 tbsp olive oil
2 large cucumbers, halved lengthways
2 green chillies, sliced
3 tbsp sushi ginger, chopped
150g samphire
1 tbsp sesame oil
2 bunches of peppery leaves, like watercress or mizuna

- 1 Tip the seaweed flakes, chilli, sugar, lime zest and 1 tsp sea salt into a bowl and mix together. Lay the salmon flesh-side up on a tray lined with foil and scatter over the seaweed seasoning. Cover the tray with cling film and chill for 1 hr.
- 2 Heat the oven to 180C/160C fan/gas 6. Drizzle the salmon with a little olive oil and roast in the oven for 25-30 mins or until just cooked. Remove from the oven and leave to cool at room temperature.
- 3 While the salmon is cooling, heat a heavy frying pan or griddle. Brush the cut side of the cucumber with a little oil, place cut-side down in the pan and sear for 2 mins or until charred. Don't worry if it blackens – the flavour will be great. When the cucumber is ready, remove from the heat and season with a little salt. Slice into chunky wedges and tip into a large salad bowl. Add the chilli, chopped ginger, samphire and sesame oil and toss everything together.
- 3 Flake the salmon into big bite-sized pieces and add to the salad bowl along with the leaves. Gently toss the salad, being careful not to break up the salmon too much, then tip out onto a large platter.

GOOD TO KNOW omega-3 • 2 of 5-a-day • gluten free

PER SERVING 354 kcals • fat 24g • saturates 4g • carbs 5g • sugars 5g • fibre 3g
• protein 28g • salt 1.8g

Sticky Korean chicken drumsticks

SERVES 8 **PREP** 30 mins plus
overnight marinating **COOK** 1 hr
EASY

16 chicken drumsticks
coleslaw, to serve (you'll find over 20 recipes for coleslaw to choose from at bbcgoodfoodme.com)
sliced red chilli and spring onions, to serve
for the marinade
3 tbsp soy sauce
2 shallots, roughly chopped
2 tbsp honey
large piece ginger, finely grated
8 garlic cloves, finely grated
2 tsp chilli flakes
3 tbsp mirin


- 1 Tip all of the marinade ingredients into a mixing bowl with good grinding of pepper and whisk them together. Score the drumsticks with a sharp knife, if you like, and toss them in the marinade. Cover and chill for as long as you can – overnight is good but 24 hrs is even better.
- 2 Heat the oven to 160C/140C fan/gas 4. Lay the drumsticks on a shallow roasting tray and spoon over any excess marinade from the bowl. Roast the chicken for 40 mins, then baste with the sticky juices in the tin. Turn the oven up to 220C/200C fan/gas 8 and continue to cook the chicken for 20 mins more or until caramelised (it's fine for it to char a little). Use tongs to lift the chicken onto a platter and scatter over some sliced red chilli and spring onions, if you like. Serve with coleslaw and plenty of napkins.

PER SERVING 214 kcals • fat 9g • saturates 2g • carbs 9g • sugars 7g • fibre 1g
• protein 25g • salt 1.1g



Mince, Gorgonzola & garlic butter pizza

Garlic butter, salty blue cheese, peppery rocket and a spicy kick of green chilli – these pizzas are loaded with flavour. Frying and draining the pork mince before baking is a clever trick that stops the base getting soggy.

MAKES 4 pizzas **PREP** 40 mins plus rising **COOK** 40 mins **MORE EFFORT** 

500g beef or pork mince
125g Gorgonzola, broken into small chunks
1 red onion, finely sliced
2 green chillies, sliced
50g of rocket
20 pitted green olives, sliced
finely grated zest 1 lemon
for the dough
325g strong bread flour

1 sachet fast action yeast
1 tbsp extra virgin olive oil, plus extra for frying and drizzling
for the garlic butter
60g butter, softened
2 garlic cloves
4 sage leaves, chopped
2 tsp tomato purée

- 1** To make the dough, put the flour, yeast and 1 tsp salt into the bowl of an electric mixer with a dough hook. On a medium speed, gradually pour in the oil and 200ml warm water to make a dough. Alternatively, mix by hand and knead on a floured surface. Cover the bowl with cling film and prove for 1 hr or until doubled in size.
- 2** Meanwhile, fry the mince until browned, then drain on kitchen towel. Make the garlic butter by beating the butter with the garlic, sage, tomato purée and some black pepper.
- 3** Heat the oven to 240C/220C fan/gas 8. Divide the dough into four balls. Roll the balls on a floured surface into thin rounds, about 20cm wide. Lift onto floured baking trays, then spread with the garlic butter, leaving a 1cm border. Sprinkle with the mince, cheese, onion and chilli. Bake for 10-12 mins or until the dough is crisp. Scatter over the rocket, olives and lemon zest, and drizzle over some olive oil to serve.


GOOD TO KNOW 1 of 5-a-day

PER SERVING 787 kcal • fat 39g • saturates 19g • carbs 65g • sugars 3g • fibre 5g • protein 42g • salt 3.1g

Little Gem & beef bacon salad with salad cream

I've never stopped loving salad cream; as a dressing, it delivers just the right balance of creamy sweetness and acidity to this beef bacon and lettuce salad. It's a classic combination, but I've taken it to the next level with my trusty blowtorch.

SERVES 4 **PREP** 20 mins

COOK 20 mins **EASY** 

150g smoked beef bacon lardons
or pancetta cubes

2 slices sourdough, cut into cubes

1 tbsp olive oil

6 Little Gem lettuce, 4 cut

in half and 2 torn into leaves

75g mangetout, trimmed and

finely sliced
for the salad cream

2 tbsp white wine vinegar

½ tsp plain flour

2 tsp caster sugar

2 tsp English mustard powder

1 egg

40ml double cream, whisked
to soft peaks

10 mint leaves, finely chopped

1 To make the salad cream, put all of the ingredients, except the cream and mint, into a small mixing bowl. Season and whisk over a simmering pan of water for 5 mins until thick. Remove from the heat and leave to cool a little. Fold in the cream and mint, then set aside.

2 Tip the beef bacon into a frying pan with a little oil and cook over a medium heat for 3-4 mins or until the bacon is starting to brown. Add the sourdough and gently fry everything for 8-10 mins, adding a little oil if the pan becomes dry. Cook until the bacon and the bread are golden and crisp. Remove from the heat and set aside.

3 Lay the lettuce halves on a baking sheet, cut-side-up. Drizzle with a little oil and season with sea salt. Use a blowtorch to scorch the cut side. If you don't have one, just flash the lettuce under a hot grill.

4 Put the torn and charred lettuce into a bowl along with the mangetout, bacon and croutons, then toss through 3 tbsp salad cream. Serve with extra salad cream on the side.

GOOD TO KNOW folate • fibre • 1 of 5-a-day

PER SERVING 304 kJals • fat 17g • saturates 7g • carbs 18g • sugars 7g • fibre 6g
• protein 16g • salt 1.3g



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QUICK-FIX DINNERS

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recipes and food styling SOPHIE GODWIN *photographs* STUART OVENDEN



vegetarian

Roasted red pepper & tomato soup with ricotta

SERVES 2 **PREP** 10 mins

COOK 30 mins **EASY** **V**

400g tomatoes, halved
1 red onion, quartered
2 romano peppers, roughly chopped
2 tbsp good quality olive oil
2 garlic cloves, bashed in their skins
few thyme sprigs
1 tbsp red wine vinegar
2 tbsp ricotta
few basil leaves
1 tbsp mixed seeds, toasted
bread, to serve

1 Heat oven to 200C/180C fan/gas 6. Put the tomatoes, onion and peppers in a roasting tin, toss with the oil and season. Nestle in the garlic and thyme sprigs, then roast for 25-30 mins until all the veg has softened and slightly caramelised. Squeeze the garlic cloves out of their skins into the tin, strip the leaves off the thyme and discard the stalks and garlic skins. Mix the vinegar into the tin then blend everything in a bullet blender or using a stick blender, adding enough water to loosen to your preferred consistency (we used around 150ml).

2 Reheat the soup if necessary, taste for seasoning, then spoon into two bowls and top each with a spoonful of ricotta, a few basil leaves, the seeds and a drizzle of oil. Serve with bread for dunking.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 306 kcs • fat 19g • saturates 4g • carbs 22g • sugars 18g • fibre 9g • protein 8g • salt 0.1g



stress-free

Oregano chicken & squash traybake

SERVES 4 **PREP** 5 mins

COOK 50 mins **EASY**

180g pack grilled artichokes
1½ tbsp olive oil
1 tsp dried oregano
2 tsp cumin seeds
8 chicken drumsticks
1 butternut squash, cut into chunks (leave the skin on – it adds flavour)
150g mixed olives of your choice, roughly chopped
large handful rocket

1 Heat oven to 220C/200C fan/gas 6.

Measure out 1½ tbsp of oil from the grilled artichoke pack. Mix this with the olive oil, oregano and cumin. Put the chicken drumsticks and squash in a large roasting tin, toss in the flavoured oil and some seasoning.

2 Roast in the oven for 45 mins until tender and golden, then tip the artichokes and olives into the pan. Give everything a good mix, then return to the oven for 5 mins to warm through. Stir through the rocket and serve.

GOOD TO KNOW low cal • fibre • 2 of 5-a-day • gluten free

PER SERVING 357 kcals • fat 21g • saturates 4g • carbs 12g • sugars 6g • fibre 6g • protein 27g • salt 2.1g



Sausage, roasted veg & puy lentil one pot

SERVES 4 **PREP 5 mins**

COOK 45 mins **EASY**

8 chicken sausages
2 x 400g packs ready-to-roast vegetables
3 garlic cloves, bashed in their skins
2 tbsp olive oil
1 tsp smoked paprika
2 x 250g pouches puy lentils
1½ tbsp sherry or red wine vinegar
1 small pack parsley, roughly chopped

1 Heat grill to high. Put the sausages in a large roasting tin and grill for 8-10 mins until browning, then switch the oven on to 200C/180C fan/gas 6. Remove the tin from the oven and add the vegetables and garlic, then drizzle over the oil and toss in the paprika and some seasoning.

2 Roast for 30-35 mins more until the sausages and veg are mostly tender, then stir through the lentils and vinegar. Return to the oven for 5 mins until everything is heated through. Squeeze the garlic cloves out of their skins and stir the garlic into the lentils, then season to taste, stir through the parsley and serve.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day

PER SERVING 724 kcal • fat 40g • saturates 12g • carbs 54g • sugars 17g • fibre 17g • protein 28g • salt 3.0g

one-pot wonder





Tex-Mex meatball tacos

SERVES 4 **PREP** 25 mins **COOK** 10 mins

EASY * meatballs only (before or after frying is fine)

400g beef mince
1 egg
35g sachet fajita spice mix
4 large tomatoes, roughly chopped
small bunch coriander, roughly chopped
1 garlic clove, crushed
2 limes, 1 juiced, 1 cut into wedges to serve
2 tbsp olive oil
150ml soured cream
75g grated cheddar or mozzarella
1 avocado
8 taco shells

1 Mix the mince with the egg, spice mix and some seasoning, then shape into 16 meatballs. Set aside in the fridge to firm up slightly while you make the sides.
2 Mix the tomatoes, coriander, $\frac{1}{2}$ the garlic and $\frac{1}{2}$ the lime juice in a bowl with 1 tbsp oil, season and set aside. Stir the remaining garlic into the soured cream with a handful of the grated cheese and season. Slice the avocado and squeeze over the remaining lime juice. Bring these, the taco shells and lime wedges to the table.
3 Heat the remaining oil in a large frying pan. Fry the meatballs over a medium heat for 8-10 mins until evenly browned and cooked through. Sprinkle over the remaining cheese, put a lid on the pan and cook for 1 min until melted, then let everyone help themselves.

GOOD TO KNOW folate • fibre • vit c • calcium • 2 of 5-a-day

PER SERVING 696 kcs • fat 50g • saturates 20g • carbs 26g • sugars 7g • fibre 7g • protein 31g • salt 2.6g



crowd-pleaser



ready in 15

Creamy broccoli gnocchi

SERVES 2 **PREP** 10 mins **COOK** 5 mins **EASY** **V**

3 tbsp crème fraîche
½ tbsp Dijon mustard
½ lemon, zested and juiced
200g Tenderstem broccoli, each
cut into 3 pieces

350g fresh gnocchi
2 tbsp olive oil
100g frozen peas
1 tbsp toasted pine nuts

1 Mix together the crème fraîche, mustard and lemon juice. Set aside. Bring a large pan of salted water to the boil. Once boiling, add the broccoli and cook for 3 mins, then tip in the gnocchi. Cook until the gnocchi begins to float to the surface, this will only take 1 min so keep an eye on them, then drain.

2 Heat the oil in a large non-stick frying pan and, once hot, tip in the gnocchi, broccoli and frozen peas. Toss around in the hot oil for 1 min, then stir through the crème fraîche mixture. Season to taste. Once hot, spoon into bowls and top with the lemon zest and pine nuts.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day

PER SERVING 669 kals • fat 36g • saturates 15g • carbs 66g • sugars 6g • fibre 9g • protein 15g • salt 3.2g

Smoked mackerel, courgette & butter bean salad

SERVES 2 **PREP** 15 mins **NO COOK**
EASY

- 1 red chilli, finely chopped (deseeded if you don't like it very hot)
- 1 lemon, zested and juiced
- 2 smoked mackerel fillets, skin removed and broken into large flakes
- 1 large courgette, cut into ribbons using a vegetable peeler
- 400g can butter beans, drained and rinsed
- 3 tbsp extra virgin olive oil, plus extra for drizzling
- 1 small pack parsley, roughly chopped
- 50g feta, broken into large pieces

Toss everything together in a salad bowl, taste and adjust for seasoning, then serve.

GOOD TO KNOW folate • fibre • vit c • iron • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 644 kcs • fat 47g • saturates 11g • carbs 17g • sugars 3g • fibre 9g • protein 34g • salt 2.5g



no-cook

recipe for one



Chilli & garlic leeks with eggs on toast

SERVES 1 **PREP** 5 mins **COOK** 10 mins **EASY** **V**

- 2 tbsp olive oil
- 1 large leek, sliced
- 1 garlic clove, crushed
- good pinch chilli flakes, plus extra to serve
- 2 eggs
- 2 slices of sourdough
- 2 tbsp Greek yogurt
- squeeze of lemon

1 Heat 1 tbsp oil in a frying pan, add the leeks, garlic, chilli and a good pinch of seasoning and cook until the leeks have softened, about 6-8 mins.

2 Once the leeks are nearly done, push them to the side of the pan and fry the eggs in the remaining oil. Cooking over a medium heat to begin with ensures cooked whites and runny-yolk satisfaction.

3 Toast the bread, then spread each slice with some Greek yogurt, top each with the leeks and squeeze over the lemon. Top with a fried egg, a scattering of sea salt and a few more chilli flakes to serve.

GOOD TO KNOW calcium • folate • fibre • iron • 1 of 5-a-day

PER SERVING 829 kcs • fat 42g • saturates 12g • carbs 69g • sugars 11g • fibre 9g • protein 39g • salt 2.6g



Make-ahead breakfast

This omega-rich and cholesterol-busting porridge can be prepared the night before, so there's no excuse to skip breakfast

recipe SARA BUENFELD *photograph* STUART OVENDEN

Oat & chia porridge with prunes



SERVES 2 **PREP** 10 mins **NO COOK** **EASY** **V**

6 prunes
few pinches ground cinnamon
50g traditional oats
2 tbsp chia seeds
½ tsp vanilla extract
300ml bio yogurt
milk, for diluting (optional)
2 small pears, cored and thickly sliced
2 tsp sunflower or pumpkin seeds (optional)

- 1** The night before, put the prunes in a small pan with the cinnamon. Cover scantily with water and bring to the boil, then simmer for 5 mins. Tip into a bowl and set aside to soak overnight.
- 2** Put a kettle full of water on to boil. Tip the oats and chia seeds into a bowl, pour over 300ml boiling water then stir well. Cover and leave to soak overnight too.
- 3** The next morning, stir the vanilla and half the yogurt into the oat mixture then dilute to the consistency you like best with a little milk or water if necessary. Spoon into bowls and top with the remaining yogurt, the prunes, pears and seeds, if using, then dust with a little more cinnamon, if you like.

GOOD TO KNOW low fat • calcium • fibre • 2 of 5-a-day
PER SERVING 359 kcal • fat 10g • saturates 3g • carbs 48g • sugars 30g
• fibre 10g • protein 14g • salt 0.3g



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THRILL OF THE GRILL

Everyone can barbecue, right? Well, yes and no. Anyone can blacken a sausage or flip a burger, but if you want to treat your friends and family to the kind of meal that they'll talk about for years to come, then take some time to learn the craft of cooking over flames

recipes BARNEY DESMAZERY, SOPHIE GODWIN, ELENA SILCOCK, LULU GRIMES
photographs MYLES NEW

BOSS YOUR BBQ >>

Meatball kebabs

This mixture can be used for all sizes of kebab or to make burgers. If you don't have ras el hanout, use 1 tsp ground cumin and a pinch of cinnamon.

SERVES 4 PREP 30 mins

COOK about 10 mins EASY DIRECT HEAT

1/4 red onion

400g lamb mince

1 tsp ras el hanout

1 tsp harissa (optional)

2 mint sprigs, finely chopped, plus some whole leaves to serve

4 coriander sprigs, finely chopped, plus some whole leaves to serve

1 pack padron peppers or mild green chillies

1 tbsp olive oil

1 lemon, quartered

flatbreads (or gluten-free alternative), to serve
cucumber and carrot matchsticks and red onion slices, all soaked in lemon juice, to serve
chilli flakes, to serve (optional)

For the tahini sauce

3 tbsp natural yogurt

2 tbsp tahini

you will need

metal or soaked wooden skewers

1 Heat your barbecue for cooking over direct heat (see p54). Very finely chop the onion and put it in a bowl with the lamb mince, ras el hanout, harissa (if you want a hit of chilli), coriander and mint, and season. Use your hands to squeeze and mix everything together, then divide the mixture into 12-16 portions and roll each one into a ball. Mix the ingredients for the tahini sauce, adding a splash of water if it's a bit too thick.

2 Thread the meatballs onto skewers, alternating them with padron peppers or chillies. Use two meatballs for short skewers, and three or four for longer ones.

3 The coals are ready when they're ash coloured and glowing red (see p54). Cook the meatballs, turning the skewers every now and then so they colour on all sides – they should take 10 mins at the most. Put the lemon cut-side down on the grill to soften and mark it. When the skewers are cooked, briefly barbecue the flatbreads. Serve the skewers with the flatbreads, sauce, lemon, veg and the coriander, mint and chilli flakes scattered over, if you like.

GOOD TO KNOW folate • vit c • 2 of 5-a-day • gluten free

PER SERVING energy 351 kcs • fat 23g • saturates 8g

• carbs 8g • sugars 7g • fibre 5g • protein 25g • salt 0.3g

These kebabs can be shaped into long sausage shapes around the skewer

Charring the lemons a bit makes them juicier and adds flavour



Use a
mandoline to
make regular sized
vegetable julienne.
Soak in cold water
to make them
curl

The complete BBQ lowdown

What you need to know to make BBQ-ing a cinch.

Four essential pieces of kit

Proper charcoal Sustainably produced charcoal – look for charcoal made from coppiced wood or Forestry Commission-approved wood – lights easily, burns better and won't taint flavour, unlike charcoals containing accelerants.

Chimney starter Using one means you can light charcoal easily with a few sheets of newspaper.

Thermometer Testing the temperature of your food helps to prevent disasters. We like Thermapens, which have a temperature probe that folds away for safe storage in your cutlery drawer.

Long-handled tongs Barbecues are hot and you need to keep your distance – ordinary tongs are not long enough.

Colour guide to when your coals are ready

If you try to cook something when the coals aren't ready, it may overcook or burn – it's not a risk worth taking.



Black or grey with flames – not ready yet. Step away, have a drink and relax.



Glowing white hot with red centres (blow very gently to check) – ready for direct heat.



Ashy white but still very hot – ready for indirect heat or cooking in the coals.

Direct and indirect heat

How you arrange your coals will give you different heat zones and more control over your BBQ

Direct heat

If you think of a BBQ as a stovetop, lighting an even layer of coal is the equivalent of cooking everything on the highest heat in the hottest pan. Although this direct method might be fine for thin cuts of meat that cook quickly, it will cremate anything that needs more time to cook through.

Indirect heat

Push the coals to one side and keep the other side free to get a range of temperatures – use the coal-free side to cook by indirect heat.

Roasting and smoking

Add a lid to indirect heat to roast and smoke. The heat will be indirect and circulate like an oven.

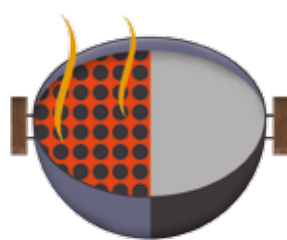
How to stack your coals

Get more control over your cooking by arranging the coals in the best way to suit your food



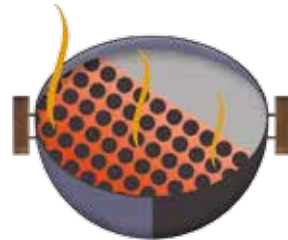
Direct heat

A single layer of coals at the same level provides a direct heat source – ideal for searing burgers, thin-cut steaks, or any foods that need a quick charring.



Indirect heat

Hot coals on just one side enable you to cook on one half and keep food warm on the other. If you have a kettle BBQ, this is the set-up for indirect low-and-slow cooking of large pieces of meat.



A little of each

By sloping the coals you get a gradient of heat from searing hot to sizzling gently. This is useful when barbecuing for a crowd – you can keep things ticking over at one end while cooking at full pelt at the other.

Rubs

Rubs are a great way to add flavour, but commercial brands can contain a lot of salt. If you make your own rub you'll be in control of the salt levels. A simple mix of brown sugar, paprika and ground cumin is a Tex-Mex flavoured seasoning that works for nearly everything. You can vary the flavour by adjusting one of the three factors below. **Sweet** – the darker the sugar you use in your rub, the more treacly the flavour will be. Sugar also helps the rub to caramelise and form a crust. Change from soft brown sugar to molasses for a really treacly rub. **Spicy** – most rubs have an element of heat or warmth to them. Chilli flakes, chilli powder, crushed peppercorns, cayenne pepper and mustard powder all add different degrees of heat and flavour, which you can mix and combine to get the balance you want. **Savoury** – these are your aromatics. Garlic, ginger, dried herbs and spices and hard herbs like thyme, bay and rosemary. They give your rub the bulk of its flavour and a sense of the cuisine that may have inspired it.

Coals photographs GETTY IMAGES



**This pork belly
slathered in BBQ
sauce takes a while
to prepare but is
worth the effort**

Low & slow spiced
pork belly, p46

Low & slow spiced pork belly

This recipe combines two BBQ classics to give ribs, tender pullable pork meat and a sizzled, caramelised finish.

SERVES 7-10 PREP 40 mins plus
a few hrs salting COOK 6-7 hrs
A CHALLENGE ▣ INDIRECT HEAT

2-3kg bone-in rindless pork belly

For the rub

1 tbsp black peppercorns
2 tbsp cumin seeds
1 tbsp fennel seeds
2 dried bay leaves
4 tbsp paprika
1 tsp dried oregano
50g light brown sugar

For the BBQ sauce

150g ketchup
100ml apple juice
100ml apple cider vinegar
1 tbsp American mustard
3 tbsp light brown sugar
1 tbsp brown sauce
splash chilli sauce (optional)

You will also need

woodchips, for smoking (hickory, oak or maple all work well)

1 If you have time, season the pork all over with 2 tbsp sea salt a few hours before cooking – this acts as a dry brine but it isn't essential. If you don't have time, simply salt the pork all over. To make the rub, toast the peppercorns, cumin seeds and fennel seeds in a dry, hot pan, then grind them with the bay leaves. Mix thoroughly with the other rub ingredients. *Will keep in an airtight container for one week.*

2 Set a lidded barbecue up for indirect cooking (see p54) with a foil drip tray (see tip, right) on the coal-free side. Light the coals and wait for them to die down to ashen (see p54). Put the lid on, then arrange the vents so a small stream of air is coming through. The temperature should be around 110C – stick a probe into the lid vent to get a reading if your barbecue doesn't have a thermometer.

3 Pack the rub all over the pork. Throw a few new coals on the barbecue, add a good scattering of woodchips on top, then put on the grate. Sit the pork bone-side down over the drip tray and put on the lid, with the vents over the pork. Leave the pork to cook for 5-6 hrs, topping up with more woodchips and coals a few times during the smoking. After the initial blast, you want a slight, steady stream of smoke coming out of the vent.

4 While the pork is smoking, make the BBQ sauce by mixing all the ingredients together until the sugar has dissolved. This is a thin 'mop' sauce for basting. If you want it thicker, gently bubble the sauce in a saucepan for a few mins. *Will keep in the fridge for one week – the further ahead you make the sauce, the better it will taste.*

5 When the pork reaches 85C on a cooking thermometer, brush it all over with the sauce and continue to cook. Once the sauce has glazed onto the meat, remove the pork from the barbecue and rest for a while before slicing it into rib-bone-thick chops and serving with more sauce. For an extra kick, get the barbecue going again with a layer of hot coals, then put the chops back on the barbecue with some more sauce until the exposed fat is sizzling and the sticky sauce has charred on all sides.

PER SERVING energy 560 kcs • fat 38g • saturates 13g • carbs 16g • sugars 16g • fibre 2g • protein 37g • salt 2.3g



Fill the drip tray to about 2cm with cold water to cool any fat that falls in.

Super-luxe surf & turf

You can use live or frozen, raw or cooked lobster for this, whatever you can find (cooked lobster will only take a flash on the barbecue). Langoustines or large prawns would also work well.

SERVES 2 PREP 10 mins
COOK 30 mins EASY DIRECT HEAT

1 T-bone steak (around 750g)
2 tsp olive oil
1 lobster, cut lengthways, large claws twisted off and cracked

For the seaweed butter

100g unsalted butter
20g fresh seaweed (or 2 tsp kombu flakes or blitzed nori)
5g flaky sea salt

1 Heat your barbecue to high. Rub the steak with the oil, then season on both sides and set aside. To make the seaweed butter, blitz the butter with the seaweed and sea salt. Spoon onto some baking parchment and make it into a log shape by rolling it up and twisting the ends. Chill until needed.

2 When the coals are ready to cook on direct heat (see p54), hold the steak upright on the grill so the strip of fat down the side sizzles and crisps. Once it's nicely browned, lay the steak flat on the grill so the strip loin (the larger side) is closer to the flames, and the tenderloin is on the edge of the barbecue – this ensures you cook each side evenly. Cook for 5 mins, then flip the steak over and put it on the other side of the barbecue so the strip loin is again nearest to the flames. Cook for 5 mins more, then cover with a lid and cook for 4 mins further each side for medium rare. Put the steak on a plate, top with a large slice of the butter, cover with foil and leave to rest.

3 While the steak rests, cut some slices of seaweed butter and lay them on the flesh side of each lobster half, then put on the barbecue (tails shell-side down). Cook for 5-10 mins, depending on how hot the barbecue is and if the lobster is raw or cooked. Wait until the shells turn orange-red – remove the tails when the meat is no longer translucent, but cook the claws for a few mins longer.

4 Serve the T-bone steak on a large board or serving platter, topped with or alongside the lobster tails and claws and more seaweed butter.

GOOD TO KNOW iron • gluten free

PER SERVING energy 674 kcs • fat 35g • saturates 16g • carbs none • sugars none • fibre 1g • protein 89g • salt 1.9g



Three tips for barbecuing meat

Keep half an eye on the barbecue at all times – if the coals flare up when fat drips on them, move the food that's directly over the flames away, unless burnt is the flavour you're after.

Meat will release itself from the grill when it's ready – if you can't lift it off, wait until you can. Don't worry about neat grill-marks – a nice crust is better than even marks and uneven cooking.

To get the best flavour possible, season both sides of the meat. When it has finished cooking, let it rest so that the juices settle back into the meat.

Lemongrass-skewered Thai chicken

Gai yang, the Thai BBQ dish this is based on, is little more than chicken marinated in garlic, pepper, fish sauce and coriander. In this version, we've used lemongrass stalks to hold a spatchcocked chicken together, and added lime to balance the flavours.

SERVES 4 **PREP 30 mins plus**
marinating **COOK 1 hr plus resting**
MORE EFFORT **INDIRECT HEAT**

medium chicken (about 1.5kg),
spatchcocked
2 stalks lemongrass, kept whole
for the marinade
1 tsp black peppercorns
8 garlic cloves
large handful coriander stalks
1 stalk lemongrass, chopped
1 lime, juiced
3 tbsp thai fish sauce
2 tbsp brown sugar
you will need
1 metal skewer

1 Crush the peppercorns using a pestle and mortar, then add the garlic and crush again. Add the coriander stalks and chopped lemongrass, and bash to a rough paste. Stir in the lime juice, fish sauce and sugar and mix until the sugar dissolves. Poke a metal skewer through the leg and breast on either side of the chicken, then replace with a lemongrass stalk. Sit the chicken in a dish and pour over the marinade – squelch it around so the bird is completely coated, then cover and chill in the fridge for as long as possible or overnight.
2 Remove the chicken from the fridge an hour before cooking. Set a lidded barbecue up for indirect cooking (see p54) with a foil drip tray on the coal-free side. When the coals are very hot, lay the chicken, bone-side down, over the coal-free side, with the legs closest to the coals.
3 Cover with the lid and arrange the vents for maximum air circulation. Cook the chicken for 50 mins-1 hr until a thermometer reads 70C (or a little higher) when stuck into the thickest part of the thigh or the juices run clear. Poke the coals about so they flare up again, then, using a pair of tongs, carefully flip the chicken, so it's skin-side down over the coals. Cook until the skin has browned and the thermometer reads 75C. Lift onto a board, leave to rest for 10 mins, then remove the lemongrass and carve.

GOOD TO KNOW gluten free

PER SERVING energy 441 kcal • fat 22 • saturates 6g • carbs 12g • sugars 10g • fibre 1g • protein 48g • salt 2.6g

BBQ wisdom

Richard Turner, founder of Meatopia UK and lord of the barbecue, shares some of his knowhow



Temperature control is key to BBQing and comes with practice: with time, you'll figure out hot and cool spots, how long

coals take to get hot enough, and how long a load of charcoal lasts.

When you put meat on the grill, leave for a few minutes before turning, then turn every few minutes to avoid burning. Move the meat if you see yellow flames – this means that fat has caught fire, which makes meat taste too smoky. Leave plenty of space between each piece of meat.

I can't give exact cooking times, as they depend on the type, cut and thickness of the meat and the grill's temperature. Take meat off the BBQ just before you think it's ready and let it rest before serving.

By controlling the temperature with air vents, you can cook



larger cuts. This set-up also works well if you have a fatty piece of meat and want to avoid flare-ups

that could ruin something special.

Cooking with two different zones means you can move items at risk of burning out of the line of fire. To achieve this set-up, wait until the coals are white hot, then push them to one side and put the lid on, keeping the vents slightly open. This makes the barbecue cook like a convection oven, with heat diffused evenly,

allowing you to cook almost everything you can cook in a conventional oven.



This recipe is based on the Thai BBQ dish gai yang, which is little more than chicken marinated in garlic, pepper, fish sauce and coriander



Cooking on the coals

Cooking directly on coals, referred to as 'dirty BBQ-ing', is a great way to give your dish BBQ flavour. We've used foil to wrap the mussels, but you can whack meat or veg right on the coals if you like – just make sure you're using high-quality coals and no chemical lighter fuels. It's also a great way to get the most out of your BBQ, as you can use the coals' heat even when they've cooled too much to grill properly.

Mussels on the barbie

Serve this rustic take on moules marinière at the table still in its foil package. Partner with crusty bread to mop up the delicious sauce.

SERVES 2 PREP 5 mins

COOK 15 mins EASY

COOK IN THE COALS

50g butter, softened
2 garlic cloves, finely sliced
2 shallots, halved and finely sliced
1 kg mussels
1 small pack parsley, roughly chopped
125ml white grape
100ml double cream
crusty bread, to serve

1 Mix the butter and garlic with a big pinch of salt. Heat the barbecue until the coals are ashy white (p54). Lay a sheet of tin foil about 60cm long on the kitchen counter, put another sheet of the same size on top, then add a third sheet about 30cm long across the middle of the other sheets to make a cross shape. Spread the shallots in the middle of the foil, pile the mussels on top, dot the garlic butter all over, then scatter over half the parsley. Season, then fold the foil in at the sides to create an oval bowl shape.

2 Pour the grape into the foil bowl and then seal it by scrunching the foil together at the top. Make sure that it's well sealed so that the mussels can steam – use an extra sheet of foil to wrap the whole parcel if necessary. Carefully place the parcel on the barbecue coals and cook for 10 mins. Open the parcel and check the mussels have opened up – hot steam will billow out, so be careful. Pour in the cream, cover if your barbecue has one and allow to cook for a few mins longer, so the smoky scents of the barbecue can get in.
3 Sprinkle with the remaining parsley and serve with warm crusty bread.

GOOD TO KNOW iron • folate • vit c • gluten free

PER SERVING energy 629 kcs • fat 51g • saturates 30g • carbs 5g • sugars 4g • fibre 2g • protein 27g • salt 1.9g

BBQ sardines with chermoula sauce

SERVES 4 PREP 10 mins

COOK 5 mins EASY DIRECT HEAT

8 whole sardines, gutted

2 tbsp olive oil

For the chermoula sauce

1 large pack coriander

1 small pack parsley

2 garlic cloves

1 preserved lemon, skin only

1 tsp ground cumin

½ tsp smoked paprika

¼ tsp chilli flakes

75ml extra virgin olive oil

You will need

8 metal skewers

1 Blitz all the ingredients for the chermoula sauce in a food processor (or finely chop) with a generous pinch of seasoning, then set aside. *Will keep in an airtight container in the fridge for up to three days.*

2 Heat the barbecue for direct cooking (see p54).

Rub the oil over the sardines and season well.

Thread each fish from head to tail onto a skewer, making a few slashes with a knife to each if you like.

3 Cook the sardines over the glowing coals for 2-3 mins each side until cooked through and nicely charred.

Drizzle over the chermoula sauce to serve.

GOOD TO KNOW iron omega-3 gluten free

PER SERVING energy 661 kJ fat 55g saturates 10g

carbs 1g sugars 1g fibre 2g protein 39g salt 0.7g

Face the spines of the whole fish towards the hottest part of the coals as these parts need more cooking

Healthy slow cooker curries

Make fragrant, nutritious curries the simple way. Stir the ingredients together, chill overnight and leave them to work their magic in the slow cooker!

recipes SARA BUENFELD *photographs* MIKE ENGLISH



Slow cooker
vegetable curry, p54

Slow cooker lamb curry

Inspired by the lamb saag, this curry uses lean lamb steaks cut into chunks. We've swapped the spinach for more robust kale, slow-cooked to tender perfection, and added chickpeas, which count towards your five-a-day.



SERVES 2 **PREP** 10 mins plus overnight chilling
COOK 6 hrs **EASY** ✨

1 large onion, halved and sliced
3 tbsp Madras curry paste
400g can chopped tomatoes
2 tsp vegetable bouillon powder
25g red lentils
210g can chickpeas (don't drain)
1 tbsp grated ginger
1 tsp cumin seeds
1 cinnamon stick
75g curly kale
2 lean lamb steaks, fat removed,
diced (about 240g)
cooked brown rice,
to serve

1 Put all of the ingredients into the slow cooker pot with a third of a can of water and stir well. Cover with the lid and chill in the fridge overnight.

2 The next day, stir again, then cook on Low for 6 hrs until the lamb and vegetables are tender. Serve with brown rice.

GOOD TO KNOW low fat • calcium • fibre

• vit c • iron • 4 of 5-a-day

PER SERVING 568 kcal • fat 19g • saturates 5g • carbs 49g • sugars 17g • fibre 13g • protein 43g • salt 1.3g





Slow cooker chicken curry

Budget-friendly chicken legs are ideal for slow cooking, becoming beautifully tender and succulent after six hours on low. For a quick accompaniment, serve with a pack of ready-cooked brown rice, which can be heated up in just a couple of minutes in the microwave.



SERVES 2 **PREP** 10 mins plus overnight chilling
COOK 6 hrs **EASY** ✨

1 large onion, roughly chopped
3 tbsp mild curry paste
400g can chopped tomatoes
2 tsp vegetable bouillon powder
1 tbsp finely chopped ginger
1 yellow pepper, deseeded and chopped
30g pack fresh coriander, leaves chopped
2 skinless chicken legs, fat removed
cooked brown rice, to serve

1 Put all the ingredients except the coriander leaves and chicken into the slow cooker pot with a third of a can of water and stir well. Add the chicken and push it under all the other ingredients so that it is completely submerged. Cover with the lid and chill in the fridge overnight.

2 The next day, cook on Low for 6 hrs until the chicken and vegetables are really tender. Stir in the coriander leaves just before serving.

GOOD TO KNOW low fat • low cal • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 345 kcal • fat 13g • saturates 2g • carbs 24g • sugars 20g • fibre 8g • protein 28g • salt 1.3g



The easiest way to remove excess fat from chicken is to snip it off with a pair of sharp kitchen scissors.

Slow cooker vegetable curry

This chunky vegetarian curry provides four of your five-a-day along with iron and fibre. The creamy coconut sauce packs a punch with spices, ginger and garlic.



SERVES 2 **PREP** 10 mins plus overnight chilling
COOK 6 hrs **EASY** ✨

400ml can light coconut milk
3 tbsp mild curry paste
2 tsp vegetable bouillon powder
1 red chilli, deseeded and sliced
1 tbsp finely chopped ginger
3 garlic cloves, sliced
200g butternut squash (peeled weight), cut into chunks
1 red pepper, deseeded and sliced
1 small aubergine (about 250g), halved and thickly sliced
15g coriander, chopped
160g frozen peas, defrosted
1 lime, zested and juiced, to taste
wholewheat flatbread, to serve

1 Put all the ingredients except the coriander, peas and lime juice into the slow cooker pot and stir well. Cover with the lid and chill overnight.

2 The next day, cook on Low for 6 hrs until the vegetables are really tender, then stir in the coriander and peas. The heat of the curry should be enough to warm them through. Taste and add a good squeeze of lime juice if you fancy extra zing. Serve with a wholewheat flatbread.

GOOD TO KNOW folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 391 kcal • fat 22g • saturates 13g • carbs 30g • sugars 18g • fibre 14g • protein 11g • salt 1.1g



You can swap the squash for sweet potatoes if you prefer as they will still count towards one of your five-a-day unlike white potatoes.



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Iced tea cooler, p64
Inflatable pink flamingo, p66

CALIFORNIA *cool*

Hot days demand food that is neither taxing to make nor eat. Pull up a sun lounger, kick back and enjoy the heat with these dishes made for enjoying during the Middle East's beautiful winter months.

recipes SOPHIE GODWIN *photographs* MYLES NEW

All the DOGS

Cheesesteak

Steak, crispy onions and melted cheese – what's not to love?

Tempura veg

Hops-battered veg, chilli jam and salted peanuts – this meat-free dog is a winner!

Crab roll

We've taken all the elements of a crab & avocado sushi roll and added crisp nori for extra crunch

*Blackened
shrimp*

A fajita spice mix is a speedy way to add bags of flavour to the prawns

Next-level hot dogs!

Korean

We've given this hot dog an Asian makeover with spicy gochujang mayo and kimchi

All the DOGS RECIPES

Blackened shrimp

SERVES 4 **PREP 15 mins** **COOK 3 mins** **EASY**

180g raw king prawns
2 tbsp fajita seasoning
2 tbsp vegetable oil
400g can black beans, drained and rinsed
2 limes, 1 juiced, 1 cut into wedges to serve
small bunch coriander, leaves only
½ jalapeño (deseeded if you like), finely chopped
3 tbsp mayonnaise
4 hot dog buns
½ mango, peeled and thinly sliced

1 Mix the prawns with the fajita seasoning and the oil, set aside. Mix the beans with the lime juice, half the coriander and a good pinch of seasoning. In a separate bowl, stir the jalapeño into the mayo.
2 Fry the prawns to just pink, remove from pan, set aside.
3 Split the buns in half, fill each with a quarter of the beans, then the mango. Top with the prawns, drizzle over the mayo, scatter over the remaining coriander and serve with the lime wedges.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 495 kcs • fat 25g • saturates 2g • carbs 45g • sugars 8g • fibre 7g
• protein 19g • salt 2.4g

Tempura veg

SERVES 4 **PREP 15 mins** **COOK 10 mins** **MORE EFFORT** **V** **I**

3 tbsp mayo
1 tbsp chilli jam
4 hot dog buns
500ml oil, for frying
50g cornflour
30g plain flour
80ml cold hops
300g mixed vegetables
(we used courgette, aubergine and red pepper), cut into chunks
2 spring onions, thinly sliced
2 tbsp salted peanuts, roughly chopped

1 Mix the mayo with the chilli jam and set aside. Split the buns in half and get everything else ready.
2 Heat the oil in a heavy-bottomed pan until 180C or until a little piece of veg browns in 20 secs. Line a baking tray with kitchen paper, then whisk together the flours and beer with a good pinch of seasoning.
3 Working in batches, spoon the veg pieces into the batter, toss to coat, then fry until golden brown and crisp, about 2-3 mins. Remove with a slotted spoon, drain on the kitchen paper and sprinkle with salt. Repeat the process until all the veg is fried.
4 Divide the tempura veg between the buns, drizzle over some mayo, then top with the spring onions and peanuts.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 601 kcs • fat 36g • saturates 4g • carbs 55g • sugars 8g • fibre 4g
• protein 11g • salt 1.1g

Korean

SERVES 4 **PREP 15 mins** **COOK 5 mins** **EASY**

4 frankfurter hot dogs
½ tsp honey
3 tbsp mayo
1-1½ tbsp gochujang
splash of rice wine vinegar
4 hot dog buns
120g kimchi
1 carrot, peeled into ribbons
1 tsp sesame seeds, toasted

1 Cook the hot dogs following pack instructions. Mix the honey, mayo, gochujang and vinegar in a bowl.
2 Split the buns in half, put a hot dog in each and divide the kimchi between them. Drizzle with spicy mayo, then top with a few carrot ribbons and some sesame seeds.

PER SERVING 536 kcs • fat 36g • saturates 7g • carbs 38g • sugars 6g • fibre 2g
• protein 15g • salt 2.5g

Crab roll

SERVES 4 **PREP 15 mins** **COOK 2 mins** **EASY**

1 nori sheet
200g white crabmeat
4 tbsp mayonnaise
1 lemon, zested and juiced
1 avocado, sliced
1-2 tsp wasabi (depending on how spicy you like it)
4 hot dog buns

1 Toast the nori sheet in a dry frying pan over a high heat until crisp. Leave to cool and cut into strips.
2 Mix the crabmeat with 1 tbsp mayo, the lemon zest and half the juice, then season. Toss the avocado in the remaining lemon juice, and stir the wasabi into the remaining mayo.
3 Divide the crabmeat and avocado between the hot dog buns, drizzle over the wasabi mayo and top with nori.

PER CRAB ROLL 536 kcs • fat 35g • saturates 4g • carbs 36g • sugars 6g • fibre 4g
• protein 18g • salt 1.41g

Cheesesteak

SERVES 4 **PREP 5 mins** **COOK 15 mins** **EASY**

1 large rib-eye steak (approx 300g)
3 tbsp olive oil
2 garlic cloves, crushed but whole
2 green peppers, sliced
4 hot dog buns
60g smoked cheddar, sliced
yellow mustard (we used French's), to serve
2 tbsp crispy onions

1 Season the steak well, then fry it with the garlic in hot oil for 4-5 mins on each side for medium rare. Put the steak on a board to rest and discard the garlic.
2 Add the peppers and a pinch of salt to the pan with extra oil if needed and cook for 3-4 mins.
3 Heat grill to high. Thinly slice the steak. Fill each bun with a quarter of the steak, peppers and cheese slices. Grill for 2-3 mins, drizzle with mustard and top with onions.

GOOD TO KNOW vit c • 1 of 5-a-day

PER HOT DOG 481 kcs • fat 24g • saturates 9g • carbs 37g • sugars 7g • fibre 3g
• protein 28g • salt 1.3g



XO ribs

XO is a spicy seafood sauce. When you buy it, check the sugar content – if sugar is listed as the first ingredient, reduce the honey by a tablespoon.

SERVES 3 **PREP 10 mins**
COOK 1 hr 20 mins **EASY**

2 tbsp vegetable oil
700g pork spare ribs
2 garlic cloves, sliced
thumb-sized piece ginger, sliced
4 spring onions, chopped

2 star anise
a few Sichuan peppercorns
3 tbsp XO sauce
3 tbsp malt vinegar
2 tbsp honey
500ml chicken stock
2 limes, 1 zested and 1 cut into wedges to serve
good pinch of chilli flakes

1 Heat oven to 180C/160C fan/gas 4. Heat the oil over a high heat in a large flameproof roasting tin. Season the pork, then fry until browned in places – don't worry about the ribs getting evenly browned, you are just looking for a little colour as it will add lots of flavour to the dish.

2 Add all the remaining ingredients, except the lime zest and chilli, to the tin, stir, then arrange the ribs so they are in a single layer. Once the liquid has started to boil, transfer to the oven and roast for 1 hr, turning the ribs halfway.

3 Take the tin out of the oven and carefully put back on the hob over a medium heat. The liquid will have reduced considerably. Keep turning the ribs over to coat in the sauce – they are ready once they are all covered and glossy, around 10 mins. Scatter over the lime zest and chilli flakes and serve with lime wedges and plenty of kitchen paper.

PER SERVING 515 kcal • fat 32g • saturates 9g • carbs 14g • sugars 12g • fibre 2g • protein 43g • salt 1.4g

Grilled aubergine, watermelon & sesame salad

SERVES 4 **PREP** 20 mins

COOK 50 mins **MORE EFFORT** **V**

200g black rice
2 aubergines, cut into long thin strips
4 tbsp vegetable oil
2 tbsp black sesame seeds
good pinch chilli flakes

1 Rinse the rice under cold water to get rid of some of the starch, then cook following pack instructions. Drain, then spread out on a baking tray and leave to cool completely.

2 Meanwhile, heat a griddle pan until searing hot. Toss the aubergine slices in 3 tbsp oil then, working in batches, cook for around 5 mins on each side until tender and charred. Put them in a bowl, then cover with foil so they continue to soften. Set the pan aside (there's no need to wash as you'll use it later).

3 Line a baking tray with parchment. Mix the sesame seeds, chilli flakes and a good pinch of sea salt together. Melt the sugar in a small saucepan over a low heat – resist the temptation to stir otherwise it will crystallize. Once the sugar is a deep caramel colour, turn off the heat and stir

50g caster sugar
½ small watermelon (about 500g) cut into chunks
2 tbsp white miso paste
thumb-sized piece ginger, grated
1 lime, juiced
1 tsp sesame oil
100g feta, crumbled into large pieces

in the sesame mix, then tip onto the parchment. Flatten the brittle out as best you can (be careful as it will be very hot) and leave to cool.

4 Whisk the remaining oil with the miso, ginger, lime juice and sesame oil, then whisk in enough water to loosen the dressing. Season to taste, then set aside.

5 Reheat the griddle pan. Lightly salt the watermelon slices and griddle for 30 secs on each side until charred, then set aside.

6 To assemble the salad, mix the aubergine and dressing through the rice, then transfer to a large serving bowl. Top with the feta and watermelon, then break the brittle into shards and stand them upright for dramatic effect in the salad.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 513 kcal • fat 22g • saturates 5g • carbs 65g

• sugars 26g • fibre 6g • protein 11g • salt 1.5g

Make this year's hottest fruit the star in this refreshing salad

This recipe makes more brittle than you need. Keep it in an airtight container for up to a week



Buy prepackaged watermelon if that's easier – try to look for larger chunks or slices

3 BEST WAYS to chill drinks

- Add table salt to the water and ice in an ice bucket to chill drinks quickly (even quicker than putting them in the freezer). Salt lowers the freezing point of water and makes the ice melt quicker.
- Wrap your drink in a piece of wet kitchen paper and freeze for 15-20 minutes, the kitchen paper will solidify to give a drinks-cooler effect (don't forget about them).
- Freeze a tray of water and break the ice into large chunks – more of the liquid will be in contact with ice, and the chunks won't melt as fast either.

Polenta sweet potato fries with herby dip

SERVES 6 **PREP** 20 mins **COOK** 45 mins
EASY V

1kg sweet potatoes, scrubbed and cut into fries (leave the skin on)
3 tbsp olive oil
1 tbsp smoked salt
4 tbsp polenta

For the dip

180g thick Greek yogurt
1 jalapeño (deseeded if you don't like it very hot), roughly chopped
1 garlic clove, roughly chopped
1 small pack mint, leaves picked
1 small pack coriander
1 lime, juiced
1 tsp ground cumin

1 Heat oven to 200C/180C fan/gas 6. Toss the sweet potatoes with the oil, smoked salt and polenta in a large bowl or ziplock bag, massaging them well to coat. Spread out onto two large baking trays, then roast for 45 mins until tender and crisp, turning the trays halfway so that the fries cook evenly.

2 Meanwhile, blitz all the ingredients for the dip together with some seasoning to a smooth green sauce – this can be made in the morning and kept in the fridge. Serve alongside the sweet potato fries.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 339 kcals • fat 10g • saturates 3g • carbs 53g • sugars 24g • fibre 8g • protein 6g • salt 2.5g

Iced tea cooler

Iced tea is a classic. This is a twist on the original with cola to top it up.

SERVES 4 **PREP** 10 mins **NO COOK EASY**

4 cups of chilled tea (no milk)
1 tbsp agave syrup
1 lemon, juiced
2 limes, 1 juiced and 1 cut into wedges to serve
cola and ice, to serve

Put the tea, lemon and lime juice in a large jug, then top with ice and cola. Stir well and serve with a lime wedge in each glass.

GOOD TO KNOW gluten free

PER SERVING 122 kcals • fat none • saturates none •

carbs 5g • sugars 4g • fibre none • protein none • salt none

AL FRESCO DINING AT WAFI

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Chipotle corn salad

SERVES 4 **PREP** 20 mins
COOK 10 mins **EASY** **V**

1 small red onion, thinly sliced
1 tbsp red wine vinegar
pinch of sugar
4 corn cobs
30g butter
1 heaped tbsp chipotle paste
300g cherry tomatoes, halved
3 tbsp extra virgin olive oil
1 lime, zested and juiced
small bunch coriander, roughly chopped
2 Little Gem lettuces, each cut into quarters
50g macadamia nuts, toasted and roughly chopped
1 avocado, sliced

1 Mix the red onion with the vinegar, a pinch of salt and the sugar. Set aside.
2 Bring a large pan of salted water to the boil, add the corn and cook for 4 mins until partly tender, drain then rinse under cold water to cool. Pat dry then, holding the corn upright, slice down the sides of each cob to remove the corn kernels. Discard the core.
3 Heat the butter in a large frying pan over a high heat until foaming, tip in the corn, chipotle paste and a good pinch of salt. Cook the corn for 6-8 mins until blackened in places – don't stir too often. Remove from the heat and stir in the tomatoes, then set aside.
4 Stir the oil, lime zest, juice and most of the coriander into the onions to make a dressing. Season to taste, then toss with the lettuce and tip onto a platter. Scatter over the avocado, followed by the chipotle corn mix. Top with the nuts and remaining coriander.

GOOD TO KNOW folate • fibre • 3 of 5-a-day • gluten free
PER SERVING 401 kcals • fat 33g • saturates 8g • carbs 14g
• sugars 8g • fibre 9g • protein 7g • salt 0.4g

GET THE look

Take your summer entertaining up a notch with these fun, affordable table decorations




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Palm tree picks (pack of 12), Dhs10, partypieces.co.uk



Palm print plate, Dhs25, H&M



Choose a mango sorbet with a real, strong colour.

Freshly whipped cream will start to freeze when added, making it easier to slice.

A layer of dark chocolate adds crunch.

Raspberry sorbet with whole raspberries will vary the texture of the bottom layer.

Club Tropicana ice cream cake

SERVES 8 **PREP** 1 hr plus freezing

COOK 2 mins **EASY** **V** **✳**

1 madeira cake (we used one from M&S that comes in a large rectangular block)

500ml tub mango sorbet

500ml tub vanilla ice cream

50g dark chocolate

500ml tub raspberry sorbet

150ml double cream, whipped
maraschino cherries, to decorate

1 Cut a piece of sponge about 5mm thick to fit a 1lb 16 x 10cm loaf tin and trim off any dark edges (off-cuts are a cooks perk). Line the loaf tin with a double layer of strong cling film and push the sponge into the base. If the madeira cake is smaller than the tin, patch any gaps – you won't see them when the cake is finished.

2 Spoon a layer of mango sorbet into the tin using three-quarters of the tub, flatten the surface using the back of a spoon and freeze for 10 mins. Repeat using the vanilla ice cream, then add another layer of sponge. Melt the chocolate and pour it over the second layer of sponge. Freeze for 10 mins, then carefully add a layer of raspberry sorbet in the same way, followed by a final layer of sponge. Cover the lot in cling film, then freeze until you need it. Turn the ice cream cake out of the tin onto a plate and peel off the cling film, then decorate the top with whipped cream and cherries. Wait 10 mins before slicing with a long, straight-edged knife. Extra cherries optional

PER SERVING 510 kJals • fat 24g • saturates 14g • carbs 67g • sugars 58g • fibre 1g • protein 6g • salt 0.6g



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Lollipop, LOLLIPOP

Dip the bottoms of the ice lolly moulds into hot water to loosen. We used rectangular moulds, also known as paletas

Cereal milk

MAKES 6 PREP 5 mins plus 1 hr soaking and 4 hrs freezing **NO COOK** **V** ❄️

Pour **600ml whole milk** and **150ml double cream** over **120g honey nut cornflakes** and leave to sit for 1 hr until the cornflakes are completely soggy and the milk has a cereal flavour. Pour the liquid through a sieve into a jug, leaving behind the cornflakes (you should get about 350ml liquid – don't force the cornflakes through otherwise your lollipops will be cloudy). Pour into six ice lolly moulds and freeze for at least 4 hrs, or overnight.

PER SERVING 125 kcals • fat 11g • saturates 7g • carbs 4g • sugars 3g • fibre none • protein 2g • salt 0.1g

Raspberry tea

Look for raspberry tea bags that list hibiscus as one of their top ingredients. It adds a tart, floral flavour to the lollies.

MAKES 6 PREP 10 mins plus 4 hrs freezing **NO COOK** **V** ❄️

Put **100g raspberries**, **3 raspberry tea bags** and **1 tbsp maple syrup** in a bowl, then pour over 350ml boiling water. Leave to infuse for 10 mins, then remove the tea bags, stir in the juice of **1 lime** and leave to cool. Pour into six ice lolly moulds, pour in the cooled tea and freeze for at least 4 hrs, or overnight.

GOOD TO KNOW **vegan** • low fat • low cal • gluten free
PER SERVING 15 kcals • fat none • saturates none • carbs 3g • sugars 3g • fibre 1g • protein none • salt none

Matcha froyo

SERVES 6 PREP 5 mins plus 4 hrs freezing **NO COOK** **V** ❄️

Whisk **1 tbsp matcha powder** with a **400g pot Coyo** (coconut yoghurt), **2-3 tbsp maple syrup** and **100ml water**, then pour into six ice lolly moulds and freeze for at least 4 hrs, or overnight.

GOOD TO KNOW **vegan** • gluten free
PER SERVING 154 kcals • fat 13g • saturates 11g • carbs 8g • sugars 5g • fibre none • protein 2g • salt none

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recipes SOPHIE GODWIN *photographs* TOM REGESTER

Menu for 8-10

Braised & barbecued pork
shoulder with ketchup

Caramelised onion focaccia

Apple & radish remoulade

Herby potato salad

Charred courgette, runner
beans & ricotta

Eton mess cheesecake

Braised & barbecued pork shoulder
with cider ketchup, p75



Caramelised onion focaccia, p77



Apple & radish remoulade, p77





Herby potato salad, p77



**Braised & barbecued
pork shoulder with
cider ketchup**

Braise the pork the day before, then use its cooking juices to make your own ketchup. If you finish the pork in the oven, you won't get the same smoky-flavoured crust as on a BBQ (it will still taste delicious).

**SERVES 8-10 PREP 20 mins plus
overnight chilling COOK 3 hrs
MORE EFFORT**  

2.5kg boneless pork shoulder
2 red onions, halved
6 bay leaves
handful thyme sprigs
1 garlic bulb
1 tbsp fennel seeds
500ml cider
75ml apple cider vinegar
3 Bramley apples, peeled, cored
and chopped
100g light brown sugar

1 The day before, use a very sharp knife to cut the skin away from the pork, being careful to leave the fat attached to the meat (or ask your

butcher to do this). If not done already, score the skin in a criss-cross pattern, then pat dry with kitchen paper. Season the skin liberally with salt and put on a plate in the fridge, uncovered, to dry overnight.

2 Meanwhile, heat oven to 180C/160C fan/gas 4. Put the onions, bay, thyme, garlic and fennel seeds in a large flameproof casserole dish. Season the meat liberally, then nestle it into the tin. Pour over the cider, pop on the lid and cook in the oven for 2½ hrs. Remove from the oven and, once cooled slightly, place the pork on a tray or in a container. Pour the liquid into a jug, cover and put everything in the fridge to chill overnight.

3 The next day, lift off any fat that has hardened on the surface of the braising liquid, then spoon it back into the dish with the vegetables. Add the vinegar, apples and sugar, and simmer for 1 hr. Leave to cool slightly, then remove the herbs and garlic. Blitz in a blender and taste for seasoning – you want a balance of sweet and sharp, so adjust the sugar and vinegar if you need to,

then pour through a sieve to make a thick, pureed ketchup.

4 To reheat the pork and make the crackling, fire up the barbecue or heat the oven to its highest setting. If cooking outside, lay the crackling on the grates and cook, turning occasionally, until it is puffed up and golden, while the pork is on the other side of the barbecue, heating through and nicely browning. Leave to rest for 10 mins before bringing to the table and carving. If cooking in the oven, lay the crackling on a wire rack over a baking tray on the top shelf and cook until crisp, while the pork reheats and browns underneath. If necessary, turn on the grill while the pork rests to really crisp up the crackling.

GOOD TO KNOW gluten free

PER SERVING (10) 501 kcal • fat 27g • saturates 9g •
carbs 15g • sugars 14g • fibre 1g • protein 45g • salt 0.6g



If you have any leftover ketchup, you can keep it in the fridge for up to a week and add a big spoonful to your bacon sarnies.

**Charred courgettes,
runner beans & ricotta**

**SERVES 8-10 PREP 10 mins
COOK 20 mins EASY** 

50g mixed seeds
2 tbsp honey
¼ tsp chilli flakes
½ lemon, zested and juiced
250g tub ricotta
3 courgettes, thickly sliced on
the diagonal
400g runner beans
3 tbsp good-quality olive oil,
plus extra to serve
edible flowers, to decorate
(optional)

1 Toast the seeds in a dry pan until they start to pop, then stir in the honey, chilli and a good pinch of sea salt. Once all the seeds are sticky and forming clusters, tip out onto a piece of baking parchment and leave to cool. Mix the lemon zest and some seasoning into the ricotta and set aside.

2 Toss the courgettes and runner beans in the oil, then season. Fire up the barbecue or get a griddle pan searing hot on the hob. Working in batches, cook the veg until charred and softened but still a little crunchy.

3 Spread the ricotta along the bottom of a large sharing platter and top with the veg. Squeeze over the lemon juice, then scatter over the honeyed seeds. Finish with a drizzle of olive oil and a scattering of sea salt, then dot with edible flowers for extra wow factor, if you like.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING (10) 124 kcal • fat 9g • saturates 3g •
carbs 5g • sugars 4g • fibre 2g • protein 5g • salt 0.1g



Charred courgettes,
runner beans & ricotta, p75



Caramelised onion focaccia

SERVES 8-10 **PREP** 20 mins plus rising **COOK** 1 hr **MORE EFFORT** V

250g '00' flour
250g strong white bread flour
7g sachet fast-action dried yeast
10g fine sea salt
3 tbsp good-quality olive oil,
plus extra for drizzling
knob of butter
3 large red onions, sliced
2 tbsp balsamic vinegar



1 Mix the flours with the yeast and salt, add 1 tbsp oil, then pour in 320ml lukewarm water and mix well. You want a very soft dough – don't worry if it looks a little wet, this will make a lighter focaccia. Knead for 5 mins if using a stand mixer, or 10 mins by hand, using a dough scraper if you have one and lightly oiling your hands and the surface. Transfer the dough to a lightly oiled bowl, cover with a damp tea towel and leave to rise until it has doubled in size.

2 Meanwhile, melt the butter in a large frying pan with the remaining oil, add the onions and a pinch of salt, and cook gently for 20 mins or until very soft. Pour in the vinegar and cook for a further 10 mins until sticky. Set aside to cool.

3 Oil an A4-sized roasting tin, scrape in the dough and reshape in the tin (see tip, below), gently pushing the dough into the corners. Scatter over the onions, cover with a piece of lightly oiled cling film and leave until puffed up.

4 Meanwhile, heat oven to 220C/200C fan/gas 7. Using your fingers, lightly dimple the dough all over, drizzle with a little oil and sprinkle with sea salt. Bake for 30 mins until golden brown. *Can be made the day before and stored in an airtight container.*

PER SERVING (10) 250 kcal • fat 4g • saturates 1g • carbs 44g • sugars 5g • fibre 3g • protein 7g • salt 1.0g



The best way to knead and shape the dough by hand is by continually stretching and folding it over on itself, in both directions.

Apple & radish remoulade

This sharp, tangy remoulade cuts through the richness of the pork.

SERVES 8-10 as a side
PREP 30 mins **NO COOK** V

4 Granny Smith apples
1 lemon, juiced
400g radishes
100g good-quality mayonnaise
50ml crème fraîche
1½ tbsp Dijon mustard
4 cornichons, finely chopped
pinch of sugar (optional)

1 Peel and core the apples, then cut into matchsticks. Put in a large bowl and toss in the lemon juice so they are evenly coated and won't discolour. Thinly slice the radishes and add them to the bowl.

2 Mix in the other ingredients, season and, if too tart, add a pinch of sugar. Leave to sit for 30 mins at room temperature before serving.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (10) 113 kcal • fat 10g • saturates 2g • carbs 5g • sugars 4g • fibre 1g • protein 1g • salt 0.3g

Herby potato salad

SERVES 8-10 **PREP** 10 mins
COOK 30 mins **EASY** V

1 large bunch each basil and parsley
1 kg new potatoes, larger potatoes halved
100ml extra virgin olive oil
2 tbsp white wine vinegar
1 small garlic clove

1 Bring a large pan of salted water to the boil, drop in the basil for 30 secs or until wilted, then fish out with a slotted spoon and set aside to cool slightly. Add the potatoes and cook until tender.

2 Meanwhile, squeeze out the basil over the sink, then put in a blender along with the oil, vinegar, garlic and a good pinch of seasoning. Blitz until you have a vibrant green oil.

3 Drain and steam-dry the potatoes. Chop the parsley, then tip it and the potatoes into a serving bowl. Season and toss in the basil oil. *Will keep for two days.*

GOOD TO KNOW healthy • vit c • gluten free
PER SERVING (10) 168 kcal • fat 10g • saturates 2g • carbs 15g • sugars 1g • fibre 3g • protein 3g • salt 0.2g

Eton mess cheesecake

Assemble when ready to eat – if it's a hot day, put the cheesecake in the freezer for 20 mins before decorating.

SERVES 8-10 **PREP** 20 mins plus at least 4 hrs chilling **NO COOK**

100g butter, plus extra for the tin
200g digestive biscuits
375g mascarpone
420g full-fat cream cheese
150g icing sugar, plus 2 tbsp for the strawberries
1 vanilla pod, seeds scraped, pod reserved
225ml double cream
600g strawberries, hulled, larger ones cut in half
1 tbsp balsamic vinegar
10 shop-bought mini meringues
edible flowers, to decorate (optional)

1 Butter a 20cm springform cake tin and line the base with baking parchment. Put the biscuits in a plastic bag and use a rolling pin to bash them into crumbs – or blitz in a food processor. Melt the butter, then stir it into the biscuit crumbs, mixing thoroughly. Tip into the tin, press down to create a firm layer and put in the fridge for 1 hr to set.

2 Using an electric whisk, beat the cheeses, sugar, vanilla seeds and a pinch of salt until thick and smooth. Pour in the double cream and whisk until only just combined. Spoon the filling onto the base, smooth the top and return to the fridge for at least 4 hrs or overnight.

3 Half an hour before serving, put the strawberries in a bowl with 2 tbsp icing sugar, the balsamic and scraped vanilla pod. Mix once, then leave the strawberries to soften slightly and release their juices. Push ¼ of the strawberries through a sieve along with the juices to create a thick purée – or blitz in a food processor.

4 To serve, run a knife around the outside of the cheesecake, release it from the tin, then top with the strawberries dotted with the meringues, crushing some as you go. Drizzle over the purée and decorate with flowers, if using.

GOOD TO KNOW vit c
PER SERVING (10) 669 kcal • fat 52g • saturates 32g • carbs 43g • sugars 33g • fibre 3g • protein 6g • salt 0.8g

Use a good strawberry variety: Sweet Eve is orangey-red and tastes like wild strawberries, while Driscoll's Elizabeth is usually lovely and sweet.

Don't leave this cheesecake out on a hot day, and if you are the slightest bit worried it will be too soft, stick it in the freezer for 20 minutes before you decorate it.

You can find edible flowers in the chiller cabinets of selected supermarkets in the UAE such as some Spinneys and Waitrose stores.

Eton mess cheesecake, p77



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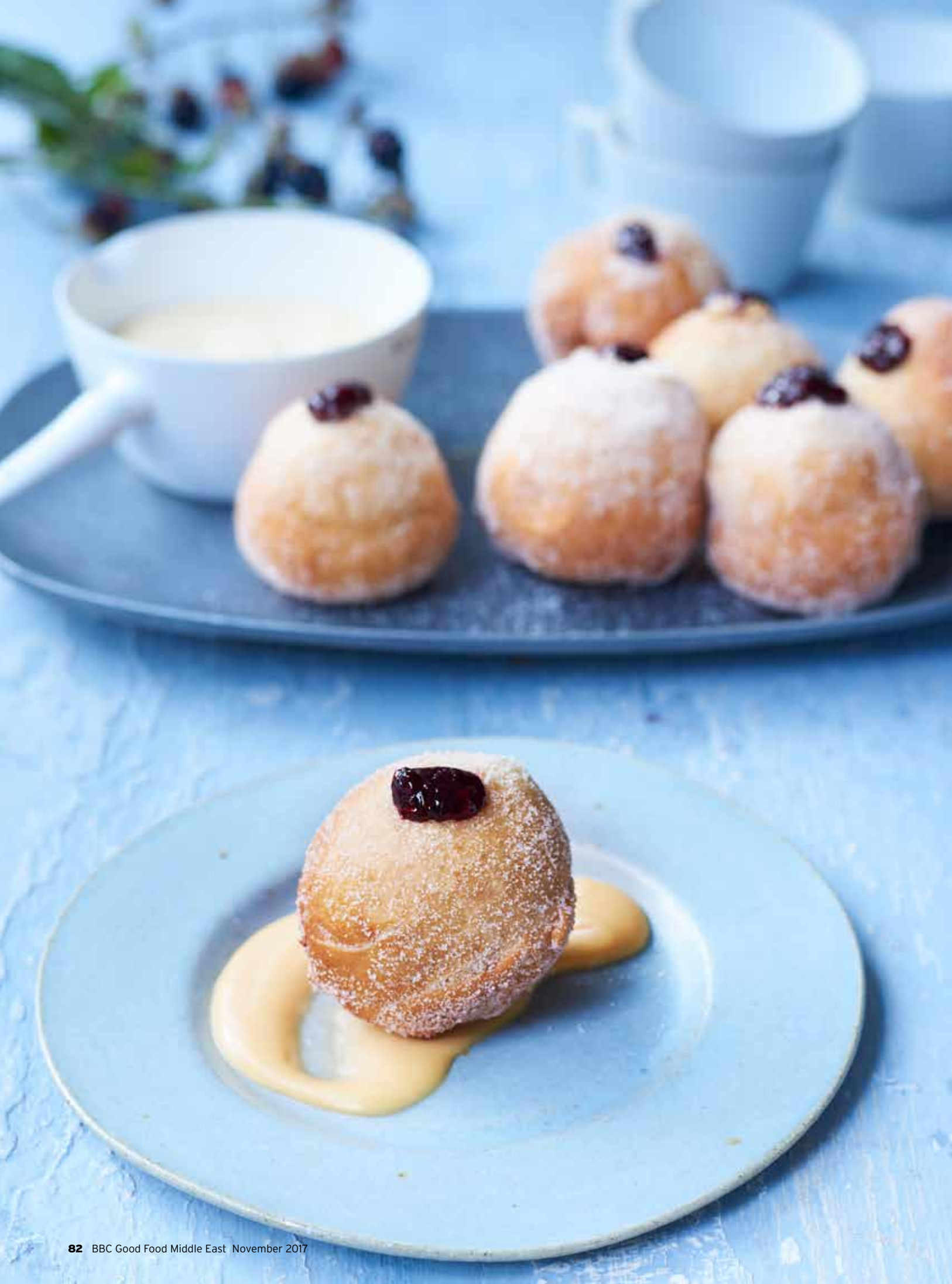
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Slow-cooked marrow with
fennel & tomato, p83



Good Food contributing editor Rosie Birkett is a food writer and stylist. Her cookbook, *A Lot on Her Plate*, is out now (Dhs125, Hardie Grant). [Twitter](#) [Instagram](#) @rosiefoodie



Slow-cooked marrow with fennel & tomato

This dish has a feeling of caponata about it, and also works well as an accompaniment to grilled meats.

SERVES 4 PREP 30 mins

COOK 1 hr EASY V

1 young marrow (about 1kg)
4 tbsp olive oil, plus a drizzle to serve
1 rosemary sprig, plus extra leaves chopped to serve
pinch of fennel seeds
2 red onions, finely sliced
pinch of dried chilli
½ fennel bulb, sliced
2 garlic cloves, crushed
50ml white grape
500g tomatoes, chopped
1 tbsp red wine vinegar
2 tbsp capers
400g can butter beans, drained
2 large slices of sourdough, to serve
soft fresh goat's cheese, to serve
1 tbsp oregano, to serve

- 1** Halve, deseed and chop the marrow into chunks. Toss in some salt and leave the chunks to drain in a colander for 30 mins to remove excess water.
- 2** Heat the olive oil in a large pan over a medium heat. Add the rosemary and fennel seeds and cook for a few mins until the rosemary is sizzling. Add the red onion, dried chilli, fennel and a large pinch of salt, and cook for 10 mins until the onions are starting to colour and sweeten.
- 3** Add the garlic and cook, stirring, for another min. Turn up the heat slightly, add the marrow and a good grind of pepper, and cook for 10 mins, stirring so it doesn't catch.
- 4** Deglaze the pan with the white grape. Cook until it's evaporated, then add the tomatoes and red wine vinegar. Stir to combine everything, then turn down the heat and cook, stirring occasionally, on the lowest heat for at least 35 mins, until the tomatoes have concentrated and the marrow has taken on all the flavours in the pan. Stir in the capers and butter beans to warm them through.
- 5** Toast the sourdough and cut each slice in half. Divide the mixture between four plates, then spread the toast with the goat's cheese, drizzle with some olive oil, scatter over the oregano and rosemary, and serve.

GOOD TO KNOW fibre • vit c • 4 of 5-a-day

PER SERVING 459 kcals • fat 23g • saturates 8g • carbs 38g • sugars 14g • fibre 10g • protein 15g • salt 1.3g

Blackberry doughnuts

I like to make my own flavoured custard to go with these. Bay leaf goes particularly well with the blackberry jam.

MAKES 10 PREP 2 hrs plus proving

COOK 20 mins MORE EFFORT V

50g unsalted butter
150ml whole milk
1 tbsp fast-action dried yeast (from a sachet)
1 tbsp golden caster sugar, plus extra to coat the doughnuts
300g strong white bread flour, plus extra for dusting
1 egg, lightly beaten
vegetable oil, for the tins and for deep-frying
bay leaf custard (find the recipe at bbcgoodfood.com), to serve
for the blackberry jam
250g jam sugar
500g blackberries
½ lemon, juiced

- 1** Melt the butter in a pan over a low heat. Gently warm the milk in another pan. Mix the yeast with 1 tsp of sugar and 40ml warm milk, and set aside for 15 mins.
- 2** Sift the flour and a large pinch of salt into a bowl and stir in the rest of the sugar. Pour in the yeast mixture, the rest of the milk (reheat if you need to, but make sure it's not too hot), the melted butter and the egg and mix into a dough. Tip out onto a lightly floured surface and knead for 5-10 mins, then put in a bowl and cover with cling film. Leave for 45 mins-1 hr, or until doubled in size.
- 3** Meanwhile, make the jam. Put a saucer in the freezer. Warm the sugar over a low heat in a saucepan for a few mins, being careful not to burn it. Add the blackberries and cook until they release their juice, then add the lemon juice, turn up the heat and bring to the boil, stirring gently.
- 4** Skim off any surface scum and boil for about 8 mins. Spoon some jam onto the cold saucer – if it forms a skin that wrinkles when touched, it's ready. If it isn't ready yet, keep cooking and testing. Leave to cool slightly while you finish making the doughnuts.
- 5** Knock the air back from the dough for a min or so, then divide and shape the dough into 10 balls. Transfer the balls to oiled baking sheets and cover with cling film – make sure it's puffed up so it doesn't touch the doughnuts. Leave to prove for 30 mins.
- 6** Heat the oil in a deep-fat fryer, or fill a saucepan one-third full of oil and heat until it reaches 180C (a piece of bread should turn golden in a few seconds). Put some sugar on a large plate. Fry the doughnuts in batches of two or three for 1 min each side until golden. Remove with a slotted spoon, drain on kitchen paper and roll immediately in sugar.
- 7** Use a jam syringe or piping bag to fill the doughnuts with jam (make a little slit in the top of each doughnut with a knife first if that helps), then dust with more sugar. Serve with bayleaf crème anglaise or custard. If you have any jam left over, spoon it into a sterilised jar. *The jam will keep for a couple of weeks.*

PER DOUGHNUT 239 kcals • fat 10g • saturates 3g • carbs 30g • sugars 7g • fibre 1g • protein 5g • salt none

Braised squid with fennel & tomatoes

SERVES 2 PREP 10 mins COOK 1 hr 40 mins MORE EFFORT 1

3 tbsp olive oil
pinch of fennel seeds
1 onion, finely chopped
1 small fennel bulb, finely chopped,
1 green chilli, finely chopped
1 tbsp finely chopped preserved lemon (flesh scooped out)
3 garlic cloves, finely chopped
600g tomatoes, chopped
2 large squid, cleaned and cut into rings
200ml white grape

400ml fish or chicken stock
small bunch parsley, leaves finely chopped
small bunch dill, leaves finely chopped, plus a few fronds to serve
black or white rice, to serve
for the squid ink mayo
2 egg yolks
1 garlic clove, crushed
½ lemon, juiced
1 sachet of squid ink (available from souschef.co.uk)
150ml sunflower oil

1 Heat the olive oil in a casserole over a medium-high heat. Cook the fennel seeds, onion, fennel, chilli and preserved lemon with a pinch of salt for 5 mins until softened and fragrant, then add the garlic and cook for 1 min more.

2 Add the chopped tomatoes and cook down for a few mins, then turn down the heat and add the squid. Cook gently for 3 mins, then add the grape and reduce by half. Add the stock and herbs, bring to a simmer, cover loosely with baking parchment and cook for 1½ hrs, until the squid is tender and meaty.

3 To make the mayo, whisk the yolks, garlic, lemon juice and a pinch of salt until combined, then add the squid ink and whisk again. Slowly whisk in the oil until you have a thick, silky mayo. Serve the squid with rice and a spoon of mayo, with fronds of dill scattered over. *Keep leftover mayo in the fridge (use within one day).*

GOOD TO KNOW calcium • folate •

fibre • vit c • iron • 3 of 5-a-day

PERSERVING 840 kials • fat 48g • saturates 7g •

carbs 25g • sugars 18g • fibre 11g •

protein 54g • salt 1.7g



Devilled prawns & corny polenta

This is the Deep South classic shrimp and grits, upgraded.

SERVES 2 **PREP** 15 mins **COOK** 45 mins
MORE EFFORT

for the polenta

500ml whole milk

1 bay leaf

120g polenta

1 tsp Tabasco

100g cheddar

for the prawns

300g raw king prawns, peeled

2 corn cobs

rapeseed oil

50ml white wine

4 spring onions, finely chopped, to serve

for the devilled butter

100g unsalted butter

1 shallot, finely chopped

1 garlic clove, chopped

bunch each of parsley and tarragon, leaves picked

½ tsp each cayenne pepper, smoked paprika, cumin seeds and sea salt

1 tbsp Worcester sauce

2 tsp lemon juice

1 To make the polenta, bring 550ml water to the boil with the milk and bay in a pan. Steadily pour in the polenta and whisk vigorously until incorporated, making sure there are no lumps. Cook for 30 mins, stirring often, adding a little more water if needed, then stir in the Tabasco and cheddar until melted. Remove the pan from the heat, take out the bay leaf and cover with a tea towel to keep warm.

2 Meanwhile, take the prawns out of the fridge to bring to room temperature and season with some salt.

3 Make the butter by blitzing all the ingredients with 2 tbsp water in a food processor until combined.

4 Heat a frying pan. Brush the corn with some rapeseed oil and salt and fry, turning until the corn is puffed and deep yellow and starting to char.

Remove from the pan, allow to cool for a min, then slice the corn from the cob and stir into the polenta.

5 Heat some oil in the frying pan and add the prawns. Cook over a high heat for 2 mins or until pink, then add the wine, bring to the bubble and turn the prawns over. Add 2 tbsp of the devilled butter to the pan and toss the prawns in it as it melts. Stir another tbsp of the butter through the polenta, then divide between two bowls, top with the prawns, pan juices and spring onion.

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day • gluten free

PER SERVING 950 kcals • fat 46g • saturates 25g • carbs 67g • sugars 16g • fibre 9g • protein 58g • salt 2.5g





Cacio e pepe with runner beans

Romans might think it sacrilege to add runner beans to this simplest of dishes, but they work so well tossed with the butter, cheese and black pepper.

SERVES 2 PREP 10 mins COOK 15 mins EASY V

180g linguine or bucatini	30g parmesan (or vegetarian alternative), finely grated and at room temperature
160g runner beans, topped, tailed, string removed and finely sliced	30g pecorino (or vegetarian alternative), finely grated and at room temperature, plus extra to serve
splash of olive oil	
60g butter	
1 tbsp black peppercorns, crushed in a pestle and mortar (not too finely)	

1 Boil a pan of salted water, add the pasta and cook for 4 mins. Add the runner beans and cook together for 2 mins, then drain, reserving the water.

2 Gently heat the oil and $\frac{3}{4}$ of the butter in a large, high-sided frying pan over a medium heat. Stir in the pepper with a wooden spoon and cook for 1 min, then add in a ladleful of the pasta water and whisk vigorously until you have the beginnings of a smooth sauce. Add in the rest of the butter, the pasta and the beans and half the cheeses, and stir, shaking the pan as you go to mix everything together and release starch from the pasta to make it extra creamy. Add in the rest of the cheese and shake some more until it melts and you have a silky smooth sauce. Ladle in more pasta water to loosen it if necessary, and make sure the pasta is cooked. Season with salt and serve straightaway with extra pecorino and pepper.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 706 kcs • fat 37g • saturates 22g • carbs 67g • sugars 4g • fibre 7g • protein 22g • salt 1.3g



Join us at our Tis' the Season Mamas' Morning at Burj Al Arab this December!

The festive season is upon us and with it more family gatherings, beautiful presents and forever-cherished moments, but we know it can get just a little bit hectic. That's why we've decided to hold a very special morning, just for you, so you can get pampered, relax, enjoy, meet other mums and walk away with gorgeous goodies. Some much-needed fun before Christmas? Yes, please! You'll get to enjoy a gourmet breakfast, endless pampering and advice from industry experts on how to have the best festive season.



Our experts will cover the following topics throughout the morning:

Health and Fitness: keeping your children active and advice to help you feel great all-year-round

Nutrition: top tips from a professional chef on how to make tasty, nutritious and simple family meals

Beauty: pampering know-how and advice on how you can look, and feel, your best over the holidays

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Discovering **ZANZIBAR**

A melting pot of international influence, Zanzibar is located just off the coast of East Africa in Tanzania. An island destination offering so much more than just crystal clear, turquoise waters and pristine beaches, we travel to Meliá Zanzibar to explore food, made the local way. **By Sophie McCarrick**







Did you know that Zanzibar was once ruled by Oman? All around the island, Omani influence is apparent in everything from the archipelago's cuisine to the architecture. Add Portuguese, British and Persian occupation into the mix, followed by the arrival of Indian immigrants over the years that followed, and the result gives you a wonderfully colourful culinary offering, abundant with vibrant flavours from all over the world.

Food in Zanzibar, generally speaking, is built on a foundation of three things: fish, seafood and rice. There is of course meat and a range of beautiful and exotic fruits, but as a destination with the land mass of just 2,461 km² that is surrounded entirely by water, fishing naturally rules the food chain.

As the trade of spices flourished in Zanzibar in the 1840s, around the same time that Omanis and Indians both occupied the island, cuisine really developed. Drawing influence from the Middle Eastern way of using spice, the locals combined Zanzibar's beautiful natural ingredients, which saw the innovation of cuisine in the area.

To live off the land is something that is done daily in Zanzibar, and is seen across all of the island whether it be in one of destination's luxury hotel's, taking a tour of Stone Town (the main city and trade port of Zanzibar), taking a stroll down one of many stunning, white sand beaches, or driving through the lushly green, forested mainland.

The same rings true at Meliá Zanzibar, a five-star resort located around 45-minutes away from the airport by car. This luxury all-inclusive property is located on the northeast

coast of the island, and offers a range of dining options for guests.

Dining at Meliá Zanzibar

Gabi Beach at Meliá Zanzibar is a true highlight. With fisherman out catching the day's best catch in front of you and the BBQ fired up awaiting, the scent wafting through the air throughout the day as fresh grills take place is magnificent. Expect delights including the likes of grilled octopus or beef and chicken skewers, or order them in a curry that bursts with flavour. The traditional wood-oven baked pizzas here also deserve a special mention.

Octopus especially is a favoured ingredient in Zanzibar. Sat upon the dock of the hotel's Jetty Lounge, which stretches out on stilts over the ocean to serve breakfast, lunch, and dinner (sundowners here are a must), the outlet sets the stage for a wonderful evening of fisherman watching, paired with relaxing music and delicious food. As the dark night arrives and the tide is low, you can spot fisherman with small flashlights wade far out into the distance (they're unbelievably brave!),

with big spears to catch octopus hiding in the crevasses of rocks.

Served in the form of Spanish tapas at the Jetty Lounge – with Meliá being a Spanish brand – Octopus is served in bite size pieces, tenderised perfectly and seasoned slightly before being grilled. Or, enjoy octopus, along with other fish and meats at the Spices all-day dining restaurant, which offers African and Middle Eastern themed nights.

Here, watch chefs at live cooking stations prepare curries using rich spices including the likes of turmeric and chilli that are simmered in with coriander and coconut milk to make a thick creamy sauce.

At breakfast, although traditional options are available, expect a plentiful continental breakfast at Spices, with everything from eggs and pancakes to order, to the usual fruit, toast and cereals with fresh milk.

For a special evening with more of a fine dining approach, head to Aqua, the hotel's upscale restaurant, where you'll find everything from freshly shucked oysters and grilled lobster to high-grade beef and foie gras.

Out and about

Unlike most luxury island destinations around the world that rely heavy on perfect sun, sand and relaxation (not that there's anything wrong with that), Zanzibar offers heaps of culture – there's definitely a fair bit of fascinating sightseeing to be done around the island.



Head to Meliá Zanzibar's excursion desk and the team will be on hand with a book full of activities and excursions to be had. From full-day outings to half-day, you and your other half or group can opt to enjoy a tour-led adventure around Stone Town, which is where the presence of Oman's two-decade ruling still remains strong, in the way people dress and how the area is designed (the town is strictly Muslim, and you'll be expected to dress respectively of that).

A day in Stone Town is not complete without a trip to the local markets. I do warn you that there are some interesting sights to behold, however, enlightening to see the extensive range of ingredients present. Around the town, other points of interest include the Old Fort of Zanzibar, the Slave Trade Exhibition (Zanzibar abolished slavery in 1876 under strong British pressure), and Changuu Island, which is also known as 'Turtle Island' or 'Prison Island', due to it being inhabited by Zanzibar's giant Aldabran Tortoise colony – some of which are over 100 years old!

To discover Zanzibar is a truly eye-opening, wonderful experience – one that I'm certain will not only excite your taste buds, but also the adventurer within you.

DON'T MISS



The Rock

Up there with one of the most photographed locations in Zanzibar, The Rock is a restaurant to try when in Zanzibar. Offering a menu inspired by locally available ingredients – think lots of freshly grilled fish and seafood – The Rock has rather breathtaking views of the ocean. Arrive when the tide is out and you can simply walk up to the restaurant, but as the tide creeps in, you'll need to either wade out or take a little wooden boat to ferry you. See therockrestaurantzanzibar.com.



Sleep

Meliá Zanzibar offers a range of accommodation options, ranging from impressive private one, two and three bedroom villas complete with their own private infinity swimming pools and views overlooking the Indian Ocean, to garden rooms and romantic pavilions or ocean view bungalows for those looking for a honeymoon experience. All rooms and suites offer complete privacy and are decorated in a contemporary style that oozes African charm and influence.



Food highlights in Zanzibar

Mchuzi wa pweza (octopus curry)

Octopus is a favourite in Zanzibar and found everywhere from street food vendors to five-star hotels around the island.

Mishkaki (mixed skewers)

These make for the perfect snack. Somewhat like a Middle Eastern kebab skewer, they come with various meats, marinated in spices and sauce, before being grilled.

Fresh fish

All around the island of Zanzibar, you'll see fisherman out at sea – night and day, high and low tide. There's plenty of fresh fish to enjoy, which is generally served whole and simply grilled with salt.

Mandazi

If you like doughnuts, this is basically Tanzania's take on the deep-fried lump of dough that's lightly sweetened and sprinkled with cardamom.

Chips mayai (French fry omelette)

Comfort food as done by the locals, in the form of deep-fried French fries that are tossed in a pan with eggs to form a chip and egg omelette.

Durian

If you can get past the smell and texture of this fruit, it's known as one of the world's most unique and great tasting exotic fruits.



Mchuzi wa pweza



Mishkaki



Mandazi



Durian



Chips mayai

HOW TO DO IT

Stay:

Meliá Zanzibar | Tel: (+255) 774 44 44 77
E-mail: reservations.melia.zanzibar@melia.com
Visit: melia.com

Getting there:

Emirates Airlines (emirates.com) and FlyDubai (flydubai.com) both offer direct flights from DXB International to Zanzibar Airport on various days of the week, from around Dhs1,500 return, depending on season.

Words to know

In Zanzibar, although English is spoken by those working in the tourism industry, Swahili is the national language. Here's a few words that may help:

- Jambo – Hello
- Hujambo? – How are you?
- Asante – Thank you
- Karibu – Welcome | Goodbye
- Kula – Eat
- Chakula – Food
- Kunywa – Drink
- Ndiyo / Hapana – Yes / No

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To truly taste **MADRID**

Spain's most populated city and top tourist destination is world-renowned for delicious markets and fine dining for a reason. We discover the must-try eateries and uncover how to dine like a local no matter the budget.

By Elizabeth Wentling



When paying a visit to Madrid, it is standard procedure to experience the city in an unconventional manner; to sleep on an alternative schedule, to move at a different pace, and most importantly to dine in the form of a Madrileño (the term used to describe a native or inhabitant of Madrid).

What does that scope entail? Eating dinner at midnight? It's not discouraged. Eating only tapas? It's an equally welcomed option. Mirroring the contagious vibrancy of the streets and the irrepressible spirit of the population, eating in Madrid is a true adventure to be embraced with open arms and an equally eager appetite.

Knowing where to start can be tricky, with a Museo del Jamón (Iberico Ham Museum) around every corner (but which one is the original?!) and endless tapas bars to choose from, getting caught in the tourist trap can be difficult to avoid.



Luckily all it takes is kickstarting your foodie tour through one of Europe's most delicious cosmopolitan capitals at the Mercado de San Miguel (The Market of San Miguel).

This open-air market originally built in 1916, and reopened in 2009 after six plus years of restoration is a revived institution, a watering hole, a gastronomic wonderland, and a culturally significant hub for the locals and tourists alike. The Mercado is multi-faceted, difficult to describe in a singular sentence, but by visiting, a condensed offering of Madrid is found throughout the 33 stalls all offering authentic treats.

Opt for the trolley teeming with fresh croquetas (fried dough stuffed with sinful ingredients including cheese, iberico ham, and tuna to name a few), or the shucked-to-order oyster bar nestled between plates of sea urchin, ceviche, and fried calamari – a staple of Spanish cuisine.

All these savoury delicacies are only enhanced by the drinks to accompany them, including a grape bar devoted to regional varietals and Spanish hops on tap. Mocktails and cocktails such as Mojitos can be muddled with mango, blueberries, or kept classic. Saying salud is so easy here when sangria is served in a takeaway cup.

Before skipping over to the adjacent Plaza Mayor, a must-see square in the heart of the city, visitors of Mercado San Miguel





should indulge at one of the heladerías (ice creamery) or taste deep fried churros soaked in silky dark chocolate. Dessert is not taken lightly in Spain, so visitors should abide by trying it all.

But markets like this span the city, and additional hotspots include Mercado de San Ildefonso, a laidback open-air market in the trendy neighborhood of Chueca, and Mercado de la Paz, the real deal - as it's arguably Madrid's oldest market - built in 1879 still offers both classics like salted cod, ibérico charcuterie, and old school cafés where passing the day people watching in Salamanca is a perfect option.

Immersing in the traditional dishes of Madrid is mandatory, yet in recent decades, as the population exponentially grew, the international community evolved equally, resulting in a richly diverse food scene.

There's no better way to experience this amalgamation of culinary culture than at fusion hotspot Kirei by Kabuki. A beautiful marriage of Japanese and Mediterranean techniques and ingredients, Kirei is chic yet devoid of pretentiousness. Beyond the clean, minimal décor positioning the dishes as the star of the show, Kirei by Kabuki is a reflection of Madrid's modern mindset, focusing on both raw and organic products seen across the menu.

Bites like negi toro maki (fatty tuna belly) with shallots and unagi (fresh water eel) with avocado are offset by fresh tapas-style starters including lamb skewers with mint yogurt and Spanish-style hamburgers smothered in onion confit and delicate tomato spread, often found on another Spanish staple pan con tomate.

Nestled on the ground floor of the Double Tree by Hilton Madrid - Prado, this beautiful boutique hotel is positioned between the world's most exceptional monuments. Just blocks away the manicured El Retiro Park and the esteemed Museo Del Prado (Prado

Museum), making this sushi hot-spot a go-to for a casual lunch or a flavourful dinner when roaming through Madrid's most elegant quarter.

But the fusion found in Kirei by Kabuki doesn't end downtown. Over in Madrid's comparably illustrious Opéra neighborhood is Dos Cielos Madrid by Hermanos Torres. Michelin starred chefs Javier and Sergio Torres have successfully shifted from TV chef personalities to award-winning restaurateurs (the Madrid Dos Cielos has followed in the footsteps of its Barcelona counterpart).

The twin brothers have hit their stride once again, creating a harmonious menu of Mediterranean sourced ingredients from local farms (and oceans alike). Every dish at Dos Cielos is colourful, intricate and exquisite. Nothing embodies this more than the amuse bouche; a tiny pile of dried shrimp accompanied by a damp towel pre-rubbed with lime zest. This thoughtful pairing is designed to let the acidic fruit linger on each guest's fingertips, only to be tasted once the shrimp is picked up and consumed by hand. Recipes are subject to change depending on the seasons and what's brimming at the farmer's market that week, but celebrated menu mainstays like the cod should be tried.

Concepts such as Dos Cielos capture the glimmering gastronomic reputation Spain so rightfully deserves. Hidden in the pretty polished courtyard of Gran Meliá Palacio de Los Duques, this five-star hotel is a converted convent oozing with charm and glamour, setting the scene for

exceptional dining; half of the restaurant's interior features a rustic brick wall from the original frame dating back to mid-19th century. Deconstructed, industrial light fixtures blend with the clean glass panels, illuminating each polished course to exit the kitchen.

To taste Madrid is a fleeting excursion of flavours due to its endless evolution. An unstoppable gourmet force, the beauty in dining out is that Madrileños love to do so, across all types of eateries. Whether at informal cafés or mercados, outside on a terrace or indoors at a world-renowned eatery, Madrid is a mood captured by the spirit of tradition where quality of cuisine always comes first.

VISIT

Mercado San Miguel: Plaza de San Miguel, s/n, 28005 Madrid, Spain, +34 915 42 49 36

Mercado de San Ildefonso: Calle de Fuencarral, 57, 28004 Madrid, Spain, +34 915 59 13 00

Mercado de la Paz: Centro Comercial La Paz, Calle de Ayala, 28, 28001 Madrid, Spain, +34 914 35 07 43

Kirei by Kabuki at Double Tree by Hilton Madrid - Prado: Avda de la Hispanidad, 28042 Madrid, Spain, +34 902 90 30 16

Dos Cielos Madrid by Hermanos Torres at Gran Meliá Palacios Los Duques: Cuesta Santo Domingo, 5, 28013 Madrid, Spain, +34 915 41 67 00



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ABU DHABI DIARIES

From Taste of Abu Dhabi to the much-anticipated Grand Prix, there's lots going on in Abu Dhabi this month. Here we share recommendations on where to eat and what to do and see in the capital. **By Sophie McCarrick**



FORMULA 1 ETIHAD AIRWAYS ABU DHABI GRAND PRIX 2017

NOVEMBER 24, 25 AND 26, 2017

It will be the ninth year in a row that Yas Marina Circuit and Abu Dhabi hosts this event with the Abu Dhabi Grand Prix seeing the last race of the season on November 26, 2017. Previous winners of the F1 include Lewis Hamilton (2016 & 2014), Nico Rosberg (2015), Sebastian Vettel (2013) and Kimi Raikkonen (2012). For tickets visit abudhabi-grand-prix.com.

VISIT

TASTE OF ABU DHABI

NOVEMBER 9 TO 11, 2017

Taste of Abu Dhabi returns to du Arena on Yas Island this month with a fantastic chef line-up, including chef Richard Sandoval of Toro Toro. He will be joined by world-class chefs from Italy at the 'Extraordinary Italian Taste Pavilion', a new area showcasing live demonstrations from Italian food artisans including fresh pasta makers, an acrobatic pizza chef, burrata making, lemon sorbet production and more. Taste of Abu Dhabi will also for the first time have a 'Golden Circle' in front of the main stage on the Thursday evening when Tony Hadley performs. Families are also catered for at the Kid's Zone, where activities include arts & crafts, inflatables, zip line, bungee jump, face painting, pizza making and more. All of this, whilst sampling dishes from the likes of Sho Cho, Flooka, Desert Lotus, The Grill, Bu!, Melius, Toro Toro, Hickory's, Loca, and more. For tickets visit tasteabudhabi.com



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26 NOVEMBER, 2017

EAT

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Where:
**TORO TORO, JUMEIRAH
AT ETIHAD TOWERS,
ABU DHABI**

Dining experience: Dinner

What's it like? Lovers of Latin American food, this one's a must. Representing the most recent addition to celebrity chef Richard Sandoval's portfolio, Toro Toro Abu Dhabi is the second venue of its kind to open in the UAE, following Toro Toro Dubai at Grosvenor House. With venues worldwide in locations including Miami and Washington D.C, it's easy to see why the restaurant is so popular upon arrival. Abundant with Latin flair and vibrancy, Toro Toro is alive with atmosphere and colourful décor, boasting bold shades of red, green, blue and yellow throughout, paired with beautiful brass and dark wood furnishings. Housed in the space where Pearls by Michael Caines once occupied, the restaurant is set overlooking the water and a private marina – a stunning venue to say the least.

What are the food highlights?

The menu here is impressive and serves up fantastic flavours. Much of the menu is very sharing style friendly, broken down into sections including ceviches, tiraditos, cold and hot starters, skewers, empanadas, and then for the main event, the churrasco and grill, plus steaks. Highlights of the experience start with the hot stone butter fish ceviche with lime, orange and fermented aji Amarillo, followed by the tuna tataki with sliced avocado, rocoto and leche de tigre. We opted to try a mix of beef and chicken skewers – both of which



were tender, juicy and a delight to eat. On recommendation of our server, we ordered US Prime beef tenderloin and sirloin for main, which came grilled to perfection and served with sliced potatoes and delicious chimichurri.

How was the service? Despite being a new opening, the team here were well-versed on the menu's offering and had great team spirit.

The bottom line: For a meal bursting with flavour and a venue full of fun and vibrant atmosphere, Toro Toro Abu Dhabi is the place to be. Ideal for an evening with your other half or a group of friends, followed by drinks on the upstairs, al fresco terrace and bar, which offers waterfront views.

Want to go? Priced at around Dhs325 per person for three-courses without beverages. Call 02-8115882 or e-mail reservations@torotoro.ae.

Where:
**CIPRIANI YAS ISLAND,
ABU DHABI**

Dining experience: Dinner

What's it like? Designed by Florentine architect Michele Bonan, Cipriani boasts elegance and style. A large wrap-around terrace overlooks the beautiful Yas Marina and Yas Marina Circuit – it's especially breathtaking for sunset moving on into the evening as lights from Yas Viceroy's exterior begin to shimmer. Chic white interiors impress throughout, but what stands out the most here, is the Italian authenticity provided by the team – most of whom are native to Italy.

What are the food highlights?

The experience begins with a peach bellini – a tradition we're told that began years back at the famous Harry's Bar in Venice, which is owned by Cipriani founder Giuseppe Cipriani. My dining partner and I share starters of thinly sliced veal with capers, that came smeared generously with tonnato sauce – a heavenly creamy, mayonnaise-like sauce mixed with tuna, plus a serving a fresh, velvety burrata with sweet cherry tomatoes and olives, all drizzled in high-quality olive oil. For main, we shared a Chilean sea bass 'alla Carlina', which was topped with chopped capers and a light tomato sauce. Desserts of the day here are





shown tableside by the service team – and trust me, it's a hard decision to make when presented with pistachio-crusted cannelloni, Tiramisu, mille foglie and more. Whatever you choose, don't forget Cipriani's homemade vanilla ice cream which is freshly whipped 'à la minute' and truly divine.

How was the service? Italian charm lives here and the team are all on the ball and operate like a well-oiled machine, providing attentive, but not in-your-face service.

The bottom line: If you're heading to the F1, I'd highly recommend making a reservation here before it books up. Each day, Cipriani is expected to celebrate the upscale F1 in style, with an acclaimed live DJ from 11pm each evening, plus lunch and dinner menu inspired by culinary classics from Harry's Bar every day.

Want to go? Priced at around Dhs350 for three-courses without beverages. Call 02-6575400 or e-mail yasisland@cipriani.com.



Where:

**ROBERTO'S ABU DHABI,
ROSEWOOD HOTEL, THE
GALLERIA MALL**

Dining experience:

Newly re-launched Friday Roberto's Andiamo Brunch

What's it like?

Sister to its Dubai-based branch, Roberto's Abu Dhabi doesn't disappoint. The dining experience here is already refined. It's an elegant and classy, white tablecloth type of restaurant – without the stiffness. The ambiance is relaxed yet offers a fantastic buzz fueled by tunes from the DJ, and various open kitchens.

What are the food highlights?

We're here to try the Roberto's Andiamo Brunch, which combines the buffet and à la carte concepts. Start with a visit to the Oyster and Cocktail Bar, before sharing antipasti is served to the table. Highlights include Wagyu beef tartare that is prepared tableside on a trolley, followed by the sushi-grade tuna tartare with sesame seeds and small bites of avocado. The fabulous Italian concept of the 'middle course' comes in the form of a comforting serving of mushroom linguine, which is swirled generously around a large wheel on Parmesan in front of us.

For mains, you'll be given an à la carte menu to choose from (one dish per person), with three options per category available under Fish, Meat and Vegetarian. We opted for the beautifully cooked Chilean seabass with asparagus and cherry tomatoes, which was served in a steaming bag, plus the flavoursome grilled veal chop with mushrooms.

Dessert is a winning choice here, so be sure to save room as the chef's creativity



really takes center stage with this course, which is served sharing style and includes a range of seasonal fruits, showcased in a variety of textures such as sorbet, ice cream, granite and as cake.

How was the service? Attentive, friendly and entertaining. With many dishes prepared tableside, the team here really kept things interesting throughout.

The bottom line: Overall, this is a fantastic and elegant spot that overlooks the water. After brunch, head to the neighbouring Roberto's Lounge, where you'll find seasoned mixologists and a DJ on the decks – it's an all-rounder for a great day out.

Want to go? Brunch is served every Friday from 12pm to 4pm and is priced at Dhs295 with soft drinks, Dhs395 with house beverages and selected cocktails, Dhs495 with prosecco, house beverages and selected cocktails, and upgraded by Dhs80 to include champagne. Call 02-6279009 or e-mail reservationsauh@robertos.ae.



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DIABETES-FRIENDLY COOKING

In recognition of Diabetes Awareness this month, our latest Food Club event held at Miele's state-of-the-art Kitchen Gallery on Sheikh Zayed Road saw foodies gather for a morning of delicious, fresh food prepared for those living with diabetes in mind. Led by head chef Christopher Kinsley of Flow Kitchen at Jumeirah Emirates Towers, the exclusive cooking demo brought focus to easy-to-make recipes that don't sacrifice on flavour and that are great for diabetics. Chef Christopher taught attendees how to whip up a three-course menu (recipes overleaf), and demonstrated that even complicated dishes can be simple to make with fresh ingredients. If you suffer from diabetes, why not give chef Christopher's recipes a try? Or pop over to Flow Kitchen to discover his health-conscious dishes for yourself – all three and more are featured on the restaurant's menu (and on Deliveroo too!).





TRY CHEF CHRISTOPHER'S RECIPES AT HOME!



Chilled tomato gazpacho with white balsamic and fresh chives

1kg tomatoes
2 red peppers
250g cucumber
1 yellow pepper
1 green pepper
2 garlic cloves
50g shallots
50g coriander leaves
25g parsley leaves
1ltr tomato juice
4tbsp sherry vinegar
3tbsp white balsamic vinegar
30g chives
A pinch of white pepper
2 tsp fine salt

- 1** Make sure the tomatoes, peppers, cucumber, garlic cloves and shallots are all deseeded (where necessary) and roughly diced.
- 2** Add all ingredients except ¼ of each pepper and the white balsamic vinegar into a large bowl and mix well.
- 3** Cover and leave overnight in the fridge.
- 4** The next morning, remove the soup, add to a blender and blitz until it's smooth and no lumps remain.
- 5** Season and pour into a chilled soup bowl.
- 6** Garnish with the remaining diced pepper, chopped chives and white balsamic vinegar.



Kale and roasted squash salad

360g kale
120g mixed quinoa
60g pecans
120g goats' cheese
300g butternut squash
48g pomegranate seeds
50g parsley leaves
40g coriander leaves
180g rocket leaves
120g endives
For the maple lemon dressing
2tbsp organic maple syrup
1tbsp lemon juice
250ml olive oil
1tbsp apple cider vinegar
1tbsp Dijon mustard

- 1** Rinse quinoa in water and soak for 1 hour.
- 2** Bring a pan of water to boil, add quinoa and cook for 15-20 mins on simmer before removing from water and leaving to cool.
- 3** Heat oven to 190°C and roast squash with a little olive oil for 15-20 mins. Remove and leave to cool.
- 4** Wash and tear kale into large chunks. Bring water to boil and blanch kale in water with little salt for 3-4 minutes. Remove and put into ice water for 5 minutes then remove and squeeze out excess water.
- 5** Toast pecans in oven on 190°C for 5 minutes then leave to cool.
- 6** For the dressing, place all ingredients apart from the olive oil into a blender and blend on medium speed. Slowly add the olive oil until the dressing starts to thicken.
- 7** Build your salad in a bowl with the greens first then layer the rest of the ingredients, adding crumbled goats cheese and chunks of endive.
- 8** Add the dressing to finish. sauce and top with coconut bacon.



Quinoa crusted salmon

40g dry quinoa flakes
25g Dijon mustard
2g salt
30g chopped parsley
60g lemon zest
600g salmon fillet (without skin)
250g green asparagus
200g fennel
150g heirloom cherry tomatoes
50g parsley leaves
120ml olive oil
For the pickle
125ml white wine vinegar
50ml apple cider vinegar
75ml water
5g Stevia sweetener
3g fresh thyme
1 star anise
2g black pepper corns
1g bay leaves dried

- 1** The pickle must be made one day in advance by putting all ingredients into pan and bringing to boil before simmering for 5 minutes.
- 2** When preparing the dish, slice fennel thinly in ice cold lemon water as this prevents it from going brown.
- 3** Remove fennel from water and strain, heat the pickle and pass it through a colander, covering the fennel. Place cling film on top and leave to pickle for 2 hours before chilling overnight. Remove 1 hour before serving.
- 4** Remove 1 inch from the base of the asparagus then dice the remainder. Bring a pan of water to boil and cook the asparagus for 3-4 minutes until soft. Add to a blender and blitz until smooth before passing through a fine colander.
- 5** Cut the heirloom cherry tomatoes in half and leave to the side.
- 6** To make herb dressing, place the olive oil and parsley leaves into blender and blitz until smooth, adding a little salt.
- 7** In a separate bowl, mix together the chopped parsley, quinoa flakes and lemon zest.
- 8** Heat oven to 200 °C. Place the salmon on a tray, season and bake for 8-10 mins then remove and brush a little mustard on top. Add the quinoa mix as well and bake again for 2 minutes.
- 9** To serve, place asparagus puree on a plate with pickled fennel slightly to the side. Add the salmon plus a mix of the tomatoes with the herb dressing.

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DIABETES:

ARE YOU AT RISK?



Over the past decade, an increasing number of my clients, when discussing their medical history, have told me that they have diabetes. As a nutritional therapist, I can't diagnose or treat diabetes – however, if someone is under the care of a registered

dietitian or specialist nurse practitioner, they may come to me for advice about a digestive complaint, or for motivational support if they're trying to lose weight.

Talking to the right health professional to manage diabetes, which includes making changes to your diet, is essential so that blood glucose levels are stabilised. If the condition is not identified and managed properly, it can lead to serious problems, including stroke and blindness. There are steps you can take to reduce your likelihood of getting type 2 diabetes, and managing your diet is certainly one of them.

Understanding the condition

This lifelong condition occurs when your body can't produce enough of the hormone insulin, or the insulin it does produce is not used properly. Insulin is needed for cells to take in glucose from the blood and convert it into energy.

When blood glucose levels rise consistently (known as high blood sugar levels), we may feel tired and lose weight unintentionally. This is because we can't access the glucose for energy, as the insulin is unable to deliver the glucose to our cells. High levels of glucose in the blood for long periods of time can damage blood vessels and nerves, which may lead to kidney disease, heart attack and even limb amputation.

With cases of diabetes at a record high not only in the Middle East, but around the world – nutritional therapist Kerry Torrens takes a look at the condition, so you can spot the signs and reduce your risk



So... is sugar the problem?

In the past few months, the debate about sugar has hit the headlines. Experts have warned about 'sugar addiction' and called for reductions in the amount of sugar added to processed foods. So is this why we're seeing a rise in cases of type 2 diabetes?

It's not as simple as that, but excess sugar in your diet is stored as fat, and being overweight may, over time, reduce your sensitivity to insulin and increase the risk of developing type 2 diabetes. This also makes you more at risk of heart disease. (Type 1 diabetes, on the other hand, is triggered when the body's immune system attacks the cells that produce insulin, and is thought to have no connection to the sugar you've eaten – although you still must manage your insulin and blood sugar levels.)

Blood sugar refers to the amount of glucose in the blood – as well as getting glucose from the foods we eat, it's also formed and stored inside the body. There are many factors influencing blood sugar – what you eat, stress, amount of exercise, medications, etc. That's why it's too simplistic to blame sugar in food for type 2 diabetes.

High levels of blood sugar can be harmful even if you don't have diabetes.

Not only does it cause a rise in insulin and the stress hormone cortisol, it promotes oxidative stress and inflammation. These processes occur in the body anyway, but when repeatedly stimulated they can, over time, cause damage – for example, hardening of the arteries, which can cause circulatory and cardiovascular problems.

So, although diabetics don't need to avoid sugar altogether, they – like the rest of us – should stick to a low-sugar diet. This means managing your intake of carbohydrate foods – following a low-GI (Glycaemic Index) diet can help because it lets you maintain control of foods that are broken down into sugar by the body. This is of course a huge challenge, as so many foods contain high levels of sugar.

The less processed food you eat and the more you cook from scratch, the easier it is to control your diet. Not only will you keep your dentist happy, but you'll be reducing your risk of obesity, high blood pressure, some cancers, fatty liver disease, chronic fatigue, food cravings, depression and even mood swings. So what's to lose? Well, potentially, any extra pounds that have stubbornly refused to shift.

Spot the symptoms and cut your risk

Type 1 or Type 2 – what's the difference?

TYPE 1

- Accounts for about 10% of cases.
- Caused by the body not producing insulin, because the immune system attacks the cells that produce it.
- Not related to lifestyle or weight.
- Typically occurs in the under-40s and in childhood.

TYPE 2

- Is a condition in its own right – not simply a milder version of type 1.
- Accounts for the vast majority of cases.
- Is due to the body not producing enough insulin, or insulin not working properly.
- Key factors include diet and lifestyle, including being overweight and not taking enough exercise.
- Typically occurs later in life, but cases are now being diagnosed at a younger age.

Symptoms to look out for

- Frequent need to go to the loo – especially at night.
- Increased thirst.
- Tiredness and poor energy levels.
- Blurred vision.
- Slow healing of cuts and wounds.
- Regular outbreaks of thrush.
- Frequent urinary or skin infections.
- Unexplained weight loss.

Risk factors for type 2 diabetes

- **Are you over 40?**
- **Are you overweight?** Waist measurement is a factor: 31½in/80cm for women and 37in/94cm for men are the red flags.
- **Do you have a close family member with the condition?**
- **What's your ethnic background?** Type 2 diabetes is more prevalent in South Asian, black African and African-Caribbean communities.



Still not sure where sugar lurks?

Sugar doesn't just refer to the white stuff you add to your tea or coffee (and if you do, it's time to cut back). When you buy packaged food (including savoury foods), check the 'Carbohydrates (of which sugars)' figure on the nutrition label. Your Reference Intake (RI) – that's the maximum amount of sugar per day – is 90g.

Here's a quick guide to help you spot those high-sugar products:

Over 22g of total sugars per 100g – HIGH

5g or less of total sugars per 100g – LOW

For more information, visit nhs.uk/livewell/goodfood/pages/sugars.aspx

Steps to prevent type 2 diabetes

THE PRIORITY: LOSE WEIGHT... Shedding just 5-10% of your body weight will help lower blood glucose levels and reduce your risk of developing type 2 diabetes.

...AND CHOOSE A HEALTHIER LIFESTYLE Aim for 2½ hours of activity each week – walking is fine. Many of my clients find a pedometer is a great motivational tool. And if you smoke, there's no better advice than to stop.

ADAPT YOUR DIET Follow a low-GI (Glycaemic Index) diet to maintain blood sugar levels and keep fat, salt and sugar levels down. Low-GI foods include carbs that are slow to break down once you've eaten them, so the glucose they contain is released slowly and steadily into your bloodstream. Good choices include granary, wholemeal and rye bread; wholemeal pasta; beans; and pulses.

Avoid high-GI foods such as white refined products – these include white pasta and bread, cornflakes and sugary drinks. They break down quickly, causing a rapid rise in blood sugar.

REDUCE YOUR INTAKE OF:

- **Processed and red meats** Not more than 70g per day.
- **Fats** Keep saturated fat down. Choose low-fat dairy and leaner meats.
- **Fried foods** Instead grill, bake, steam or poach food.
- **Salty foods and products with added salt** Choose low-salt options and don't add salt at the table.
- **High GI-food and sugary drinks** These cause blood sugar spikes.



Make healthier choices

EACH DAY

- Eat at least three portions of whole grains, as studies suggest they have a protective effect. Opt for wholegrain and rye bread, oats, quinoa and brown rice.
- Aim for at least five portions of fruit and veg (and preferably more), and make one or more a serving of green leafy veg like spinach, kale and cabbage.
- Eat three servings of low-fat dairy foods – ideally look for unsweetened versions.

PLUS

- Use oils that contain healthy unsaturated fats (such as nut oils) in dressings.
- Eat at least one portion of oily fish a week – the healthy polyunsaturates improve insulin sensitivity and reduce cholesterol levels.
- Choose lean protein in the form of poultry, fish and plant sources like soya, beans and pulses.
- Instead of salt, add flavour with herbs, spices and citrus (try a squeeze of lemon or lime, or finely grate the zest).



‘I changed my diet to avoid diabetes’

When chef Giancarlo Caldesi discovered he had high blood sugar levels, he knew he was at risk of type-2 diabetes. With the help of his wife, Katie, he overhauled his diet, lost three inches around his waist and feels better than he has done in years



For someone whose career has been focused on food since an early age, having to rethink what he eats hasn't been easy for Giancarlo Caldesi. He grew up in Montepulciano, in southern Tuscany, and has an Italian's enthusiasm for cooking and shared meals around the table with family and friends. Since 2005, he and his wife, Katie, have run the successful Caffé Caldesi – a café, restaurant and cookery school in London, now with a branch in Bray, Berkshire.

In the past six months, they have added healthy cookery courses to the school schedule, influenced by their desire to learn more about healthy eating since Giancarlo, 61, was told he

needed to reduce his blood sugar levels. He and Katie want to share what they have learned with others – not only people with diabetes, but anyone looking for food with traditional Italian flavours and an emphasis on low-GI ingredients – plenty of vegetables and wholegrains.

Giancarlo now feels fit and well, but is frustrated that it took a long time for him to get his diagnosis. 'I went to see a specialist because I was overweight, and I thought I had gout,' he says, 'I knew that something was wrong.'

'I've always gone to the toilet very frequently, even in my twenties,' he says, 'and I've always drunk litres of water every day because I get so

thirsty, but I put that down to being over a hot stove most of the time.'

Since the high blood sugar levels were confirmed – often described as 'pre-diabetes' – Giancarlo has also discovered that he has coeliac disease, so he can't eat gluten or wheat. He's undertaken a major dietary change, which has included cutting back on sugar, eating more fruit and vegetables, and discovering how to replace wheat with other carbs and grains.

He was disappointed with some of the dietary advice he received, particularly the classic Eatwell Plate, which divides meals into different proportions of carbs, proteins and veg.

'It might work for some people, but an Italian would never think of their meals like that,' he says. 'I couldn't take it seriously.'

Giancarlo admits that he wasn't particularly health-conscious. 'I used to have 14 cappuccinos with sugar – yes, really – every morning. When I decided to quit, I went cold turkey. Now I treat myself every morning to a few squares of 70 per cent chocolate. For a diabetic who wants sweet things, you have to take little bites and hope that your brain will be fooled into thinking it is a big bite.'

Now the whole family have embraced a healthier way of eating at home, influenced by the cooking of Giancarlo's parents.

'We got rid of processed snacks and started to make our own bread, and we haven't looked back,' says Katie. 'Our sons, Giorgio, 14, and Flavio, 12, are used to eating like this now.'

Katie has used her experience at home to help shape her healthy cooking classes.

'I'm keen on grains like spelt, farro and freekeh. At home we use gluten-free chickpea and buckwheat flour, lots of different rice and quinoa. With diabetes, it is important to think about a diet that is low in saturated fat, salt and sugar. You also have to consider the amount of carbohydrates you eat, and choose slowly absorbed carbs.'

'So sweet potato is good in anything, including a pizza base I have developed for the course. Our beetroot & apple patties with avocado dip are good for people with diabetes because there are carbohydrates in beetroot, but you slow their absorption with the addition of the avocado.'

'I've also tried the cauliflower pizza base you see everywhere now, but our children weren't convinced because the flavour overpowered the taste of the vegetables on top. They prefer the sweetness of the sweet potato pizza base.'

As Giancarlo says, it's difficult for many of us to avoid an over-reliance on processed food and sugar, and poor, rushed eating habits.

'The only sweet thing we have at home is Nutella,' he says, 'which I used to love. I had a spoonful recently and it tasted too sickly sweet, so it shows that my taste buds have changed. You need to listen to your body, and then you can start to make changes, with the support of your family and people around you.'



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Competition



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worth Dhs5,000!**

Win a weekend stay for two people in a Deluxe Room at Le Royal Meridien Beach Resort & Spa, inclusive of breakfast and brunch for four people at Geales on the Saturday during the stay.

Overlooking the pristine waters of the Arabian Gulf and set in 19 acres of landscaped gardens, the award winning and recently refurbished Le Royal Meridien Beach Resort & Spa is the perfect choice for a beach, city or a family holiday in Dubai.

The resort is located in Jumeirah and is at the beginning of the cosmopolitan Jumeirah Beach Residence (JBR Walk) - Dubai's only beachfront promenade of luxury shops, restaurants and cafes overlooking the clear blue waters of the sea.

Attractive to all travellers, including young families,

the resort offers spectacular facilities with 504 luxurious rooms and suites with stunning views of the sea or Dubai Marina, three swimming pools, a splash pool and a kids' pool, direct beach access, a range of recreational activities, water sports, a state of the art fitness centre and daily children's events at the Kids Club to ensure there is something for them to do, whilst you relax.

Le Royal Meridien Beach Resort & Spa also hosts an array of international award-winning restaurants and bars serving a wide variety of tastes from Pan-Asia to Mexico, leaving you spoilt for choice.

The prize draw for two people in a Deluxe Room at Le Royal Meridien Beach Resort & Spa will be made at the end of November 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

How many rooms and suites does Le Royal Meridien Beach Resort and Spa have?

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OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

WIN!

**A 2-night stay for 2
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in Vietnam, worth
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Win a two-night stay for two at Banyan Tree Lang Co, Vietnam in a Beach Pool Villa with a private swimming pool, daily breakfast at Watercourt restaurant and a 90-minute spa treatment for two!

Located in the tranquil southern coast of Vietnam near Lang Cô Bay, Banyan Tree Lang Co is a five-star resort with an intimate collection of stunning pool villas. Reminiscent of past Vietnamese dynasties, each opulent villa comes complete with sophisticated modern amenities and a private terrace complete with swimming pool.

Nestled in the foothills of the crescent-shaped Truong Son Mountain Range, the beach resort looks out over a magnificent sandy beach on a crescent bay.

Adventure-seekers can enjoy a range of activities including fishing, local cycling tours and a range of watersports. Golfers can tee off in style at the Sir Nick Faldo-designed 18-hole championship golf course, meandering through rice paddies and trickling streams. Those wanting to delve into culture can visit three UNESCO World Heritage Sites – The Citadel of Hue, Hoi An Ancient Town and My Son Sanctuary – before returning to a treatment or two at the world class Banyan Tree spa.

The prize draw for a two-night stay for two at Banyan Tree Lang Co, will be made at the end of November 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. T&C apply. Winner must arrange own flights to and from Vietnam.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Which country is Banyan Tree Lang Co located in?

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A MIDEA COUNTERTOP DISHWASHER! WORTH DHS1,099

Midea is one of the largest producers of major appliances and a world-class brand of air-treatment products, air-coolers, kettles and rice cookers. Midea's brand promise is "to provide surprisingly-friendly solutions for the one who treasure those tiny moments at home" and

recently launched its new motto: "Midea - make yourself at home". Now stand a chance to win Midea 8 place setting countertop dishwasher, it takes a lot while taking a little to fit in!



WIN!

BRUNCH FOR 2 AT THE CROFT'S FRIDAY 'BRUNCH NATION'! WORTH DHS798

Celebrate food in a social setting, whether indoors or outdoors, with the new Brunch Nation focusing on sharing plates for all to enjoy. Inspired by a blend of cultures and tastes across the Commonwealth, brunch

lovers can sit back and relax while enjoying the influx of delicious food served right to their table. Running every Friday from 12.30pm to 3.30pm at Dhs399 per person including unlimited house beverages.



WIN!

WIN! AN EVENING AT OLEA, KEMPINSKI HOTEL MALL OF THE EMIRATES! WORTH DHS500

Olea Levantine restaurant at Kempinski Hotel Mall of the Emirates offers delectable dishes and beverages from across the Middle East to tantalise the

taste buds. Watch the chefs create dishes in the open kitchen, as you listen to the rhythmic sounds of the ice-cream maker and the baker as they prepare the freshest of desserts. The evening continues with shisha and good conversation among friends out on the terrace.



WIN!

AN 18V CORDLESS DRILL/ SCREWDRIVER INCLUDING A 16PCS DRILL BIT SET! WORTH DHS681

This is a compact unit which is easy to use and comes with a Lithium-ion battery. The winner will also receive a 16pcs bit set which can be used for metal, stone and wood. The perfect gift for the upcoming festive season!



WIN!

A BRAUN MULTIQUICK 7 HAND BLENDER! WORTH DHS5,000

As with all Braun products, the MultiQuick 7 range was built and designed with a German tradition of quality

and durability. Built in a unique shape with ultra-hard stainless steel, Braun hand blenders can cut through all types of ingredients, giving you the desired result in no time. At family gatherings, meal time can be made easy with the MultiQuick 7 range, which enables its user to create tasty and healthy meals to share with family and friends. Braun hand blenders can chop, blend, slice, dice and prepare dough with one single push of a button.



WIN!

DINNER AND DRINKS FOR 2 AT LATINO RESTAURANT AND BAR, CACTUS JACKS! WORTH DHS500

Latino restaurant Cactus Jacks opened in Dubai in 2002 and serves Latino comfort food and late night "fiestas" daily. Cactus Jacks

is known for its famous frozen margaritas and mojitos; with incredibly flavoursome speciality fajitas, great theme nights, and entertainment from the resident DJ.



WIN!

DINNER AT THE INFINITY POOLSIDE RESTAURANT! WORTH DHS500

Located on the 12th floor of Millennium Plaza Dubai, the Infinity Poolside Lounge offers a relaxing dining experience to relish a variety of healthy wholesome options.

Sip on refreshing smoothies, fresh juices or take a bite into the healthy salads while you unwind with soothing views of Dubai's coastline and Arabian Sea.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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